

[IMAGE] Contact Information [IMAGE] a.consent:link { color:#FFF; } a.consent:visited { color:#FFF; }  
a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }

[Contact Us](#) [Help](#)

[IMAGE]

[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]



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[IMAGE]

[IMAGE]

In This Issue:

- [Pain Pills Don't Go Away After Back Surgery](#)
- [Poor Sleep = Migraines](#)
- [Sitting Time and BP](#)
- [The Power of Awe](#)
- [Prevent Childhood Cancer](#)
- [The Sleepless Night Diet](#)

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- [3 Reasons to Eat Less Sugar](#)
- [E-Cigs: Bad for Your Heart?](#)
- [Less Sleep = Higher Concussion Risk?](#)
- [The D in Vitamin D](#)
- [Three Cheers for Vitamin C](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

## Contact Information

To better serve your needs, [toyourhealth.com](#) has compiled a list of departments, as well as their corresponding phone numbers and e-mail addresses.

### Corporate Office

7519 E. Hwy 86 #1052, Franktown, CO 80116

Tel: (714) 230-3150

E-mail: [readerservices@mpamedia.com](mailto:readerservices@mpamedia.com)

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## Advertising/Sales

The advertising/sales department handles questions pertaining to the purchase of advertising space in both the print and online versions of *To Your Health*. The staff can provide information and quotes regarding national display advertising, inserts, mailing list rental, and online advertising.

Tel: (714) 230-3178

E-mail: [advertising@mpamedia.com](mailto:advertising@mpamedia.com)

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## Editorial

The editorial department handles questions relating to any of *To Your Health's* editorial content. Editorial is also the department to which you would submit articles for review, letters to the editor, or any other questions regarding editorial content and guidelines.

Tel: (714) 230-3150

E-mail: [editorial@mpamedia.com](mailto:editorial@mpamedia.com)

For article format guidelines and submission information, click [here](#).

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