

[IMAGE] To Your Health Advertising 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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instructions.

[E-mail to a Friend](#) | [Printer Friendly](#) | [PDF](#)

[IMAGE]

Page printed from:

Link To Us

http://www.toyourhealth.com/linktous.php?no_b=true

[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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- [Skin Wellness: From the Inside Out](#)
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- [Medication Overload](#)
- [Don't Let the Holidays Wreck You](#)
- [Live Healthy, Live Longer – Even If You're Suffering](#)

Do you find toyourhealth.com to be of value, not only for yourself, but for your patients as well? Would you like to be able to provide a link to toyourhealth.com from your own site, but you're not sure how to do so?

If that's the case, you're in luck. We have made the process of creating a link on your site back to toyourhealth.com as easy as a few clicks of a button. Simply click and drag your mouse over the HTML code written between the dotted lines below, then select the "copy" feature from your browser's Edit menu. Once you've done this, you can paste the code onto your site, save it, upload the new page, and presto! A link to toyourhealth.com will appear on your site.

There are two types of links toyourhealth.com provides for site visitors. You may choose for a simple text link back to toyourhealth.com, or you can opt for a more colorful image link.

To Link to Toyourhealth.com

● Text-Based Link Example

This is what your text link will look like once you've pasted it onto your web site.

[To Your Health](#) -- Educating and informing health-minded individuals on their alternative health and wellness choices.

Copy the code between these lines & paste onto your site

```
<A HREF="http://www.toyourhealth.com">To Your Health</A> --  
Educating and informing health-minded individuals on their  
alternative health and wellness choices..
```

Copy the code between these lines & paste onto your site

● Button-Based Link Example

This is what your button link will look like once you've pasted it onto your Web site.

[IMAGE]

Copy the code between these lines & paste onto your site

```
<A HREF="http://www.toyourhealth.com">  
<IMG  
SRC="http://www.toyourhealth.com/images/site/tyh/tyhlogo_linktous.gif"  
WIDTH="144" HEIGHT="66" border="0"></A>
```

Copy the code between these lines & paste onto your site

Contact Us

Still not sure how to link to toyourhealth.com? Have any questions on how to copy and paste text? [E-mail the webmaster](#) for further

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)