[IMAGE] Current Issue - July, 2017 [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] E-mail to a Friend | Printer Friendly | PDF [IMAGE] To Your Health Archives -[IMAGE] July, 2017 (Vol. 11, Issue 07) In This Issue: • Best for Spinal Pain Why You Should Be Making Periodic Visits to Your Chiropractor • Keep Your BMI Stable By Editorial Staff • Chiropractic = Less Surgery Depressed After Baby? Try Exercise Walk Faster, Age Slower By Editorial Staff The Power of Herbs & Spices Prevent Arthritis Pain With Fiber • Too Little Talking By Editorial Staff Death by (Fried) Potatoes Previous Issues By Editorial Staff Did You Know? Top 5 Stress Triggers (We Can't Seem to Avoid) TOP 8 Healthy Foods The Ratio That Matters When It Comes to Chronic Disease 3 Resolutions For A New Year By Louis Miller, DC, MS • Age Gracefully Catch Up on Sleep, Lower Your Risk of Obesity • Another Danger of Obesity During Pregnancy By Editorial Staff • Four Ways to Keep Kids Moving Can a Concussion Affect Your Menstrual Cycle? By Editorial Staff The Big 7 for Heart Health By Editorial Staff Beating Back Pain: Get Moving By Editorial Staff Page printed from:  $http://www.toyourhealth.com/mpacms/tyh/issue.php?current=true\&id=125\&no\_b=true$ Other Health Sites Chiroweb.com Dynamicchiropractic.com

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