[IMAGE] To Your Health Archives - October, 2015 [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] October, 2015 (Vol. 09, Issue 10) In This Issue: Pain Pills Don't Go Away After Back Surgery Every Shoe Tells a Story • Poor Sleep = Migraines By Mark Charrette, DC • Sitting Time and BP How Fat Affects Prostate Cancer • The Power of Awe By James P. Meschino, DC, MS Prevent Childhood Cancer Common Fitness Failures • The Sleepless Night Diet By Editorial Staff Heart Disease (Risk) Starts Early Previous Issues By Editorial Staff Did You Know? Keep Your Spine in Shape • Get a Healthy Start By Editorial Staff • 4 Tips to Help Raise a Healthy Child The Health Benefits of Mindful Eating Berries for Blood Pressure By Julie T. Chen, MD • A Better Heart = A Better Brain Lower Fracture Risk: No Bones About It • Vitamin K: The Wonder Vitamin for Heart Health? By Editorial Staff Hands-Free Technology? Not as Safe as You Think By Editorial Staff Alcohol During Pregnancy: Adopt a Zero Tolerance Policy By Editorial Staff Workplace Stress Can Be Deadly By Editorial Staff Page printed from: Other Health Sites http://www.toyourhealth.com/mpacms/tyh/issue.php?id=104&no\_b=true Chiroweb.com **Dynamicchiropractic.com** Chirofind.com

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