[IMAGE] To Your Health Archives - January, 2016 [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] January, 2016 (Vol. 10, Issue 01) In This Issue: Pain Pills Don't Go Away After Back Surgery The Basics of EMF Emissions • Poor Sleep = Migraines By Claudia Anrig, DC • Sitting Time and BP Research: Not Nearly as Transparent as It Needs to Be • The Power of Awe By Anthony Rosner, PhD, LLD [Hon.], LLC Prevent Childhood Cancer Why It's OK to "Just Stand Around" • The Sleepless Night Diet By Editorial Staff Getting Past January Previous Issues By Editorial Staff Did You Know? 3 Rules to Improve Your Life Food Additives By Editorial Staff • Tea Time 5 Reasons Why Meditation Should Be Your New Year's Resolution • Marijuana or Alcohol: Which Is Worse for Your Child? By Julie T. Chen, MD • Lower Sodium = Lower BP Preventing ACL Injuries in Female Athletes By Robert Silverman, DC, MS, CCN, CSCS A Dangerous Downward Trend Healthy Meal Plan: Eat More of This, Less of That By Editorial Staff Kudos to the Lunch Lady By Editorial Staff Top Fitness Trends for 2016 By Editorial Staff Page printed from: Other Health Sites http://www.toyourhealth.com/mpacms/tyh/issue.php?id=107&no_b=true Chiroweb.com **Dynamicchiropractic.com** Chirofind.com

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