[IMAGE] To Your Health Archives - November, 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] November, 2016 (Vol. 10, Issue 11) In This Issue: • Best for Spinal Pain Proactive Patient: Know What's in Your Medical Record • Keep Your BMI Stable By Tomas McFie, DC, PhD • Chiropractic = Less Surgery Get Your Fiber On: The Power of Psyllium Walk Faster, Age Slower By Peter Finkle • The Power of Herbs & Spices Poor Exercise Habits Die Hard • Too Little Talking By Editorial Staff How to Change Your DNA (But Not in a Good Way) Previous Issues By Editorial Staff Did You Know? Stick to the Program: How to Make This the Healthy Holidays Weight Loss Helps Prevent Thyroid Cancer By Editorial Staff A Surprising Contributor to High Cholesterol Strong Muscles = Strong Grades? Good for Kids' Brains By Editorial Staff • Even When You're Young... Pain Relief Is Music to Your Ears • The Fundamentals of Fiber By Editorial Staff TV and Eating: A Bad Combination By Editorial Staff Maximize Your Golden Years By Editorial Staff Wide Awake in the Electronic Age: Our Kids' Sleep Habits Are

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