[IMAGE] To Your Health Archives - December, 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] **December**, 2016 (Vol. 10, Issue 12) In This Issue: • Best for Spinal Pain Keep Breast Cancer From Returning • Keep Your BMI Stable By James P. Meschino, DC, MS • Chiropractic = Less Surgery 4 Ways to Keep Your Holidays Sane Walk Faster, Age Slower By Editorial Staff • The Power of Herbs & Spices Show Your Pancreas Some Love • Too Little Talking By Editorial Staff Fight Psoriasis With the Right Diet Previous Issues By Editorial Staff Did You Know? Yo-Yo Dieting Is a Real Heart Problem • Diet Drinks Cause Heart Issues? By Editorial Staff • Consider Your Breath 2 Big Reasons to Get Enough Sleep Stress Less to Keep Your Blood Sugar in Line By Editorial Staff • What Can't It Do? Key Health & Wellness Benefits of Flax Protect Your Heart: Avoid the Anti-Inflammatories By Editorial Staff Another Reason to Avoid Trans Fats Try the Anti-IBS Diet By Editorial Staff Succeed Where You've Failed Before: How to Keep Your 2017 Resolutions By Editorial Staff Get Fit for Life in 2017 By Editorial Staff Page printed from: Other Health Sites http://www.toyourhealth.com/mpacms/tyh/issue.php?id=118&no_b=true Chiroweb.com

Dynamicchiropractic.com

<u>Chirofind.com</u> <u>Acupuncturetoday.com</u>