## [IMAGE] Current Issue - March, 2017 [IMAGE] a.consent:link { color:#FFF; } a.consent:visited { color:#FFF; } a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }

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## [IMAGE] [IMAGE] [IMAGE] [IMAGE] [IMAGE] [IMAGE] [IMAGE] E-mail to a Friend | Printer Friendly | PDF [IMAGE] To Your Health Archives -[IMAGE] March, 2017 (Vol. 11, Issue 03) In This Issue: Pain Pills Don't Go Away After Back Surgery 7 Signs and Symptoms: Opioid Prescription Is Leading to Danger <u>Poor Sleep = Migraines</u> Cancer Prevention: Watch Your Weight <u>Sitting Time and BP</u> By Editorial Staff • The Power of Awe Your Waist May Make the Difference Prevent Childhood Cancer By Editorial Staff <u>The Sleepless Night Diet</u> Stay Balanced With Exercise By Editorial Staff Previous Issues Neck Pain: Think Chiropractic Did You Know? By Editorial Staff Drugged Into Dementia? Why We Need B Vitamins More Than Ever Medication Overload By Editorial Staff D Stands for Diabetes Defense Rehab That Knee the Right Way • A Simple Coping Skill for Teens By Editorial Staff • The Impact of Grains and Carbs on Your Diet A Diet to Prevent Breast Cancer By Editorial Staff "Tech Neck": The Fix Is in the Foundation By Brian Jensen, DC Exercise for Cancer Fatigue By Editorial Staff Page printed from: $http://www.toyourhealth.com/mpacms/tyh/issue.php?id=121\&current=true\&no\_b=true$ Other Health Sites Chiroweb.com Dynamicchiropractic.com Chirofind.com Acupuncturetoday.com