

[IMAGE] To Your Health Archives - July, 2017 [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]

[IMAGE]

To Your Health Archives - July, 2017 (Vol. 11, Issue 07)

In This Issue:

- [Pain Pills Don't Go Away After Back Surgery](#)
- [Poor Sleep = Migraines](#)
- [Sitting Time and BP](#)
- [The Power of Awe](#)
- [Prevent Childhood Cancer](#)
- [The Sleepless Night Diet](#)

[Why You Should Be Making Periodic Visits to Your Chiropractor](#)

By Editorial Staff

[Depressed After Baby? Try Exercise](#)

By Editorial Staff

[Prevent Arthritis Pain With Fiber](#)

By Editorial Staff

[Death by \(Fried\) Potatoes](#)

By Editorial Staff

[Top 5 Stress Triggers \(We Can't Seem to Avoid\)](#)

[The Ratio That Matters When It Comes to Chronic Disease](#)

By Louis Miller, DC, MS

[Catch Up on Sleep, Lower Your Risk of Obesity](#)

By Editorial Staff

[Can a Concussion Affect Your Menstrual Cycle?](#)

By Editorial Staff

[The Big 7 for Heart Health](#)

By Editorial Staff

[Beating Back Pain: Get Moving](#)

By Editorial Staff

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/issue.php?id=125&no_b=true

[Previous Issues](#)

[Did You Know?](#)

- [4 Ways to Feel Young](#)
- [Welcome to Boot Camp](#)
- [Optimize Your Mental Health With the Power of Nutrition](#)
- [A Better Heart = A Better Brain](#)
- [Lower Sugar = Lower Blood Pressure](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)