[IMAGE] To Your Health Archives - December, 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] To Your Health Archives -[IMAGE] **December, 2017 (Vol. 11, Issue 12)** In This Issue: Older Men Need Chiropractic K2: The Anti-Aging Nutrient Great for Memory By Tom Bayne, DC • Try Evening Exercise Find Your Fountain of Youth Not Enough Nutrients? • Is Your Child's Depression Being Caused by Poor Sleep?

By Mark Charrette, DC Go Nuts About Protecting Your Heart • Your Best You By Editorial Staff Previous Issues Give Diabetes a 1-2 Punch With Exercise By Editorial Staff Did You Know? Worried About Screen Time? So Are Your Kids • What's Your Excuse? By Editorial Staff Our Salt Intake Could Kill Us Exercise: The Key to Better Grades? • Lower Sodium = Lower BP By Editorial Staff A Better Heart = A Better Brain DASH Your Way to Lower Blood Pressure A Healthy Lifestyle Keeps the Doctor Away By Editorial Staff Stop Parkinson's in Its Tracks By Editorial Staff Don't Let the Holidays Defeat You By Editorial Staff Don't Risk Your Health (or the Health of Your Child) By Editorial Staff Page printed from: Other Health Sites http://www.toyourhealth.com/mpacms/tyh/issue.php?id=130&no_b=true Chiroweb.com **Dynamicchiropractic.com** Chirofind.com

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