[IMAGE] To Your Health Archives - June, 2009 [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]

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[IMAGE]

#### [IMAGE]

### In This Issue:

- Chronic Pain Can Wreck Your Life
- Antioxidants for Acne
- Reflux Drugs & Migraines
- Kids Need Exercise
- The Life Extender
- 3 Ways to Lose It

## Previous Issues

### Did You Know?

- Keep an Eye on Good Health
- Sit Less, Live Longer
- 3 Excuses for Not Exercising
- Are You Eating Your Way to Cancer?
- Turn Fizz Into Fit

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# June, 2009 (Vol. 03, Issue 06)

Suzanne Somers Is Enjoying Wellness at 62

By Ramon McLeod, Editor-in-Chief

Don't Wait to Lose Weight

By Donald L. Hayes, DC

The Sunscreen Dilemma

By Jacob Schor, ND

No Substitute for Good Parenting

Vitamin Myths & Truths

By Richard Drucker, ND

Perilous Vices

What's on Your Spa Menu?

3 Ways to Fight Fatigue

Summer Shape-Up

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