

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

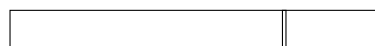
[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]



[E-mail to a Friend](#) | [Printer Friendly](#) | [PDF](#)

[IMAGE]

To Your Health Archives -

[IMAGE]

December, 2009 (Vol. 03, Issue 12)

In This Issue:

- [Best for Spinal Pain](#)
- [Keep Your BMI Stable](#)
- [Chiropractic = Less Surgery](#)
- [Walk Faster, Age Slower](#)
- [The Power of Herbs & Spices](#)
- [Too Little Talking](#)

[Previous Issues](#)

[Did You Know?](#)

- [Stress Less to Keep Your Blood Sugar in Line](#)
- [3 Steps to a Happier You](#)
- [Early Antibiotic Use Linked to Asthma](#)
- [Fractures and Medication Use: A Vicious Cycle](#)
- [Are You So Lonely You Could Die?](#)

[Age Is Just a Number](#)

By Drs. Ronald Klatz and Robert Goldman

[You Need Your SLEEP](#)

By Dr. David Ryan

[It Starts With the CORE](#)

By Dr. Jeffrey Tucker

[Healthy 10-Minute Meals](#)

By Dr. Claudia Anrig

[Enjoy the Ride](#)

By Dr. Ben Benjamin

[Snow-Shoveling Safety Tips](#)

By Dr. Douglas R. Briggs

[3 Ways to Shake the Blues](#)

[End the Year Right](#)

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/issue.php?id=36&no_b=true

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)