

[IMAGE] 2009 To Your Health Archives [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]



[IMAGE]

2009 To Your Health Archives

[IMAGE]

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?

- [Beat the Blues \(Without Drugs\)](#)
- [Get a Handle on Your Weight](#)
- [Don't Forget About Preventing Alzheimer's](#)
- [A Dose of Prevention \(Magazine\)...](#)
- [Another Reason Not to Eat Out](#)

- [December, 2009 \(Vol. 03, Issue 12\)](#)
- [November, 2009 \(Vol. 03, Issue 11\)](#)
- [October, 2009 \(Vol. 03, Issue 10\)](#)
- [September, 2009 \(Vol. 03, Issue 09\)](#)
- [August, 2009 \(Vol. 03, Issue 08\)](#)
- [July, 2009 \(Vol. 03, Issue 07\)](#)
- [June, 2009 \(Vol. 03, Issue 06\)](#)
- [May, 2009 \(Vol. 03, Issue 05\)](#)
- [April, 2009 \(Vol. 03, Issue 04\)](#)
- [March, 2009 \(Vol. 03, Issue 03\)](#)
- [February, 2009 \(Vol. 03, Issue 02\)](#)
- [January, 2009 \(Vol. 03, Issue 01\)](#)

Other Health Sites

Chiroweb.com

Dynamicchiropractic.com

Chirofind.com

Acupuncturetoday.com

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/year.php?year=2009&no_b=true