

[IMAGE] 2011 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; }

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[IMAGE]

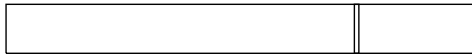
[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]



[IMAGE]

## **2011 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](#)

- [December, 2011 \(Vol. 05, Issue 12\)](#)
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#### **Did You Know?**

- [Live Healthy, Live Longer – Even If You’re Suffering](#)
- [Make Time for Cardio](#)
- [Self-Control Keeps You Young](#)
- [5 Signs of a Healthy Baby](#)
- [Exercise for Cancer Fatigue](#)

### **Other Health Sites**

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

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