

[IMAGE] 2018 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]

## **2018 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?**

- [Tips for Sleepy Teens](#)
- [Three Reasons to Limit TV Time](#)
- [Potassium Linked to Fewer Strokes in Women](#)
- [Exercise Fights Prostate Cancer](#)
- [OMG! Too Much Social Networking and Texting Could Be Dangerous](#)

- [December, 2018 \(Vol. 12, Issue 12\)](#)
- [November, 2018 \(Vol. 12, Issue 11\)](#)
- [October, 2018 \(Vol. 12, Issue 10\)](#)
- [September, 2018 \(Vol. 12, Issue 09\)](#)
- [August, 2018 \(Vol. 12, Issue 08\)](#)
- [July, 2018 \(Vol. 12, Issue 07\)](#)
- [June, 2018 \(Vol. 12, Issue 06\)](#)
- [May, 2018 \(Vol. 12, Issue 05\)](#)
- [April, 2018 \(Vol. 12, Issue 04\)](#)
- [March, 2018 \(Vol. 12, Issue 03\)](#)
- [February, 2018 \(Vol. 12, Issue 02\)](#)
- [January, 2018 \(Vol. 12, Issue 01\)](#)

### **Other Health Sites**

[Chiroweb.com](http://Chiroweb.com)

[Dynamicchiropractic.com](http://Dynamicchiropractic.com)

[Chirofind.com](http://Chirofind.com)

[Acupuncturetoday.com](http://Acupuncturetoday.com)

Page printed from:

[http://www.toyourhealth.com/mpacms/tyh/year.php?year=2018&no\\_b=true](http://www.toyourhealth.com/mpacms/tyh/year.php?year=2018&no_b=true)