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[IMAGE]

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[IMAGE] [IMAGE]

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[IMAGE]

In This Issue:

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- [Not Enough Nutrients?](#)
- [Is Your Child's Depression Being Caused by Poor Sleep?](#)
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- [Strength Training Helps Your Body Burn Fat, Too](#)
- [The Low-Stress Child: Tips to Keep Your Children From Feeling the Heat](#)
- [Exercise Your Mind](#)
- [Music: A Positive Way to Impact Learning and Social Behavior in Children](#)

To Your Health

This consumer magazine is dedicated to educating and informing chiropractic patients on chiropractic care and products that can positively impact their lives.

[IMAGE]

- Reach the estimated 12 million patients that doctors of chiropractic see each year
- Deliver your message to consumers at the point of sale (their doctor's office)
- Create demand from the chiropractor AND their patients

To discuss how *To Your Health* can create results for your practice, contact us today!

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