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In This Issue:

- [Older Men Need Chiropractic](#)
- [Great for Memory](#)
- [Try Evening Exercise](#)
- [Not Enough Nutrients?](#)
- [Is Your Child's Depression Being Caused by Poor Sleep?](#)
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- [Fitness Goals: Money Motivates \(Especially When You Risk Losing It\)](#)
- [4 Ways to Feel Young](#)

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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