

[IMAGE] Contact Information [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]

[IMAGE]

In This Issue:

- [Chronic Pain Can Wreck Your Life](#)
- [Antioxidants for Acne](#)
- [Reflux Drugs & Migraines](#)
- [Kids Need Exercise](#)
- [The Life Extender](#)
- [3 Ways to Lose It](#)

Previous Issues

Did You Know?

- [5 Ways to Live a Decade Longer](#)
- [Get a Handle on Your Weight](#)
- [Healthy Brain: Mind Over Matter](#)
- [3 Ways to Curb Hunger](#)
- [7 Ways to Accident Proof Your Child and Your Home](#)

Other Health Sites

[Chiroweb.com](#)
[Dynamicchiropractic.com](#)
[Chirofind.com](#)
[Acupuncturetoday.com](#)

Contact Information

To better serve your needs, [toyourhealth.com](#) has compiled a list of departments, as well as their corresponding phone numbers and e-mail addresses.

Corporate Office

7519 E. Hwy 86 #1052, Franktown, CO 80116

Tel: (714) 230-3150

E-mail: readerservices@mpamedia.com

Advertising/Sales

The advertising/sales department handles questions pertaining to the purchase of advertising space in both the print and online versions of *To Your Health*. The staff can provide information and quotes regarding national display advertising, inserts, mailing list rental, and online advertising.

Tel: (714) 230-3178

E-mail: advertising@mpamedia.com

Editorial

The editorial department handles questions relating to any of *To Your Health*'s editorial content. Editorial is also the department to which you would submit articles for review, letters to the editor, or any other questions regarding editorial content and guidelines.

Tel: (714) 230-3150

E-mail: editorial@mpamedia.com

For article format guidelines and submission information, click [here](#).

Page printed from:

http://www.toyourhealth.com/contactus/?no_b=true&no_b=true&no_b=true