

[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]

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[IMAGE]

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[IMAGE]

[IMAGE]

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?](#)
- [Your Best You](#)

#### Previous Issues

Did You Know?

- [The Eyes Have It](#)
- [3 Ways to Shake the Blues](#)
- [5 Signs of a Healthy Baby](#)
- [Stop Parkinson's in Its Tracks](#)
- [A Better Heart = A Better Brain](#)

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

7518 E. Hwy 86 #1052, Franktown, CO 80116

Tel: (714) 230-3150

E-mail: [readerservices@mpamedia.com](mailto:readerservices@mpamedia.com)

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## 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](mailto:advertising@mpamedia.com)

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## 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](mailto:editorial@mpamedia.com)

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

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