

[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]

[IMAGE]

In This Issue:

- [Pain Pills Don't Go Away After Back Surgery](#)
- [Poor Sleep = Migraines](#)
- [Sitting Time and BP](#)
- [The Power of Awe](#)
- [Prevent Childhood Cancer](#)
- [The Sleepless Night Diet](#)

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- [Secrets on Longevity From Our Oldest Old](#)
- [Exercise Fights Prostate Cancer](#)
- [Toxic to Your Child's IQ](#)
- [Keep an Eye on Good Health](#)
- [The Expert on Self-Care: Your Doctor of Chiropractic](#)

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](#).

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