

[IMAGE] Did You Know? [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]

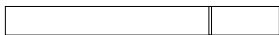
[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]



[IMAGE]

[IMAGE]

## Did You Know?

---

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](#)

[The Whole Grain and Nothing But...](#)

By Editorial Staff

[Teach Your Children About Heart Health](#)

By Editorial Staff

[Green Tea: Good for Body & Soul](#)

By Editorial Staff

Previous Issues

[Put It in Writing](#)

By Editorial Staff

[Did You Know?](#)

- [Take a Deep Breath](#)
- [5 Smart Substitutions When Eating Out](#)
- [The Spread of Social Obesity](#)
- [Peppermint Does More Than Freshen Breath](#)
- [The D in Vitamin D](#)

[Tips for Sleepy Teens](#)

By Editorial Staff

[Sizzlin' Summer Food Safety Tips](#)

By Editorial Staff

[Two Reasons to Eat Right During Pregnancy](#)

By Editorial Staff

[To Sleep, Perchance to Dream?](#)

By Editorial Staff

[The Skinny on Juice](#)

By Editorial Staff

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

[Mix and Match: The Do's and Don'ts of Pairing Food](#)

By Editorial Staff

[The Seven Deadly Diet Disconnects](#)

By Editorial Staff

[Make No Bones About It](#)

By Editorial Staff

[8 Easy Stress Reducers](#)

By Editorial Staff

[Get a Handle on Your Love Handles](#)

By Editorial Staff

[Enjoy Those Summer Berries Year-Round](#)

By Editorial Staff

[Cultivating a Healthy Garden and a Healthy You](#)

By Editorial Staff

[Antibiotics Don't Work for Cold Symptoms](#)

By Editorial Staff

[Turn Off the TV and Tune Into Health](#)

By Editorial Staff

[Feel Better in Just 20 Minutes a Week](#)

By Editorial Staff

[A Laugh a Day Keeps the Stress Away](#)

By Editorial Staff

---

|« [First](#) « [prev](#) — [11-20] [21](#) [22](#) [23](#) [24](#) [25](#) [26](#) [27](#) [28](#) [29](#) [30](#) [31] — [Next](#) » [Last](#) »|

Page printed from:

[http://www.toyourhealth.com/mpacms/tyh/did\\_you\\_know.php?no\\_b=true&pagenumber=28&&no\\_b=true](http://www.toyourhealth.com/mpacms/tyh/did_you_know.php?no_b=true&pagenumber=28&&no_b=true)