

[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; }

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[IMAGE]

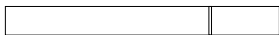
[IMAGE]

[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](#)

- [Preventing Food Allergies](#)
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- [A Laughing Matter](#)
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- [Smart Kids](#)
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- [Cinnamon, Spice and Everything Nice](#)
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- [Did You Know?](#)
- [Getting Through the Five Emotional Stages of Grief](#)
 - [Eat Less Salt!](#)
 - [Health Care Costs Rise With Obesity](#)
 - [Coffee Reduces Arrhythmia Risk?](#)
 - [A Laugh a Day Keeps the Stress Away](#)

- [Meditate Your Stress Away](#)
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- [Not Your Average Vegetable](#)
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- [Beat the Blues \(Without Drugs\)](#)
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- [The World's Healthiest Habits](#)
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- [Catch Some Zzzzs](#)
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Other Health Sites

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

- [Fighting Cold & Flu](#)
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- [Anti-Aging the Natural Way](#)
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- [Playing With Fire](#)
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- [No Time Like the Present](#)
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- [Fat on the Inside](#)
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