

[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]

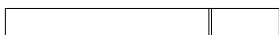
[\[IMAGE\]](#)

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[\[IMAGE\]](#)



[IMAGE]

[IMAGE]

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](#)
- [Fighting PMS With Sound Nutrition](#)
- [Take a Deep Breath](#)
- [BPA Can Be a Killer](#)
- [10 Ways to Prevent Cancer](#)

Other Health Sites

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

## Did You Know?

[Shake-Down on Salt](#)

By Editorial Staff

[Good Intentions Bad Choices](#)

By Editorial Staff

[Peppermint Does More Than Freshen Breath](#)

By Editorial Staff

[Welcome to Boot Camp](#)

By Editorial Staff

[Food Additives](#)

By Christine H. Farlow, DC

[Marketing Poor Health to Kids](#)

By Editorial Staff

[Shedding Light On the Benefits of Dark Foods](#)

By Staff Editorial

[Mind-Body Wellness](#)

By Staff Editorial

[How To Fit In Fitness](#)

By Staff Editorial

[The Redemption of Sugar](#)

By Staff Editorial

[7 Ways to Accident Proof Your Child and Your Home](#)

By Staff Editorial

[30 Minutes a Day May Keep Strokes Away](#)

By Staff Editorial

[Exercise Your Mind](#)

By Staff Editorial

[Spice Up Your Health!](#)

By Editorial Staff

[Vitamin C May Reduce Stroke Risk](#)

By Editorial Staff

[3 Ways to Get in Shape FAST](#)

By Editorial Staff

[Don't Ignore the Warnings](#)

By Editorial Staff

[Never Too Young to Start Living Healthy](#)

By Editorial Staff

[Fuel Your Body the Right Way](#)

By Editorial Staff

[De-Stress At Your Desk](#)

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?pagenumber=27&&no\\_b=true&no\\_b=true](http://www.toyourhealth.com/mpacms/tyh/did_you_know.php?pagenumber=27&&no_b=true&no_b=true)