[IMAGE] Current Issue	March, 2019 [IMAGE] a.co	onsent:link { color:#FFF; } a.consent:visited {	
color:#FFF; } a.consent:l	over { color:#a2a2a2; } a.com	nsent:active { color:#FFF; }	
		Contact Us Help	
[IMAGE]			
[IMAGE]			
[IMAGE] [IMAGE]			
		IIMAGEI	
[IMAGE] [IMAGE]		[IMAGE]	
[IMAGE]		E-mail to a Friend   Printer Friendly   PDF	
[IMAGE]	To Your Health Archives	-	
[INAOL]	March, 2019 (Vol. 13, Iss	sue 03)	
In This Issue:			
Best for Spinal Pain      Was PM Co. 11	Putting Spine Care in the Right Hands		
Keep Your BMI Stable	By Editorial Staff		
Chiropractic = Less Surgery	Show Your Liver Some Love		
Walk Faster, Age Slower	By Editorial Staff		
The Power of Herbs & Spices	3 Modern Ways to Stress Less		
Too Little Talking	By Editorial Staff		
Previous Issues	Aerobics for the Brain: Not J	ust for Seniors	
	By Editorial Staff		
Did You Know?	E-Cigs: Reversing a Po	sitive Trend	
<ul> <li>Antidepressants: A Real Downer for</li> </ul>	Alzheimer Patients? By Editorial Staf	f	
Believe the Hype About Oats	Nutrition Tips to J	Bring Out the Athlete in All of Us	
<ul> <li>Lifestyle Changes to Keep Cholesterol in the Safe Range</li> </ul>		Baron, DC, DACBSP and Christina DeBusk	
Infants and Antibiotics: Why It's a H	d Combination Can a Prenat	al Supplement Reduce Your Child's Autism Risk?	
Coffee Reduces Arrhythmia Risk?	By Ed	litorial Staff	
	Strengt	h Is Your Ally Against Diabetes - and It Doesn't Take Much	
	1	By Editorial Staff	
	<u>O</u>	besity Is Bad for the Brain	
		By Editorial Staff	
		How to Manage Knee Osteoarthritis: Focus on the Hip	
		By Editorial Staff	
Other Health Sites		Page printed from:	
Chiroweb.com		http://www.toyourhealth.com/mpacms/tyh/issue.php?current=true&id=145&no_b=true	
<u>Dynamicchiropractic.com</u>			
Chirofind com			

<u>Acupuncturetoday.com</u>