

[IMAGE] Current Issue - July, 2019 [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]

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[IMAGE] [IMAGE]

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[IMAGE]

[IMAGE]



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[IMAGE]

[IMAGE]

In This Issue:

- [Best for Spinal Pain](#)
- [Keep Your BMI Stable](#)
- [Chiropractic = Less Surgery](#)
- [Walk Faster, Age Slower](#)
- [The Power of Herbs & Spices](#)
- [Too Little Talking](#)

[Previous Issues](#)

[Did You Know?](#)

- [Cut Your Skin Cancer Risk](#)
- [BPA Can Be a Killer](#)
- [Get Some Sun \(But Not Too Much\)](#)
- [Increased Caffeine Intake Could Lead to Miscarriage](#)
- [Cutting-Edge Compounds: Piceatannol](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

## ***To Your Health Archives -***

### **July, 2019 (Vol. 13, Issue 07)**

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[Another Reason to Lose the Weight](#)

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[Are Weights Better Than Aerobic Exercise for Heart Health?](#)

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[Don't Medicate Your Empathy Away](#)

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[It's the Right Time to Exercise](#)

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[Why Type of Protein Is Best for Cholesterol?](#)

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