[IMAGE] Current Issue -	October, 2021 [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]	
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[IMAGE]	E-mail to a Friend   Printer Friendly   PDF
[IMAGE]	To Your Health Archives -
In This Issue:	October, 2021 (Vol. 15, Issue 10)
<ul> <li>Pain Pills Don't Go Away After Back S</li> <li>Poor Sleep = Migraines</li> <li>Sitting Time and BP</li> <li>The Power of Awe</li> <li>Prevent Childhood Cancer</li> <li>The Sleepless Night Diet</li> </ul> Previous Issues <ul> <li>Did You Know?</li> <li>Can't Shed the Weight? Stress Could B</li> <li>Healthy Doesn't Have to Be Hard</li> <li>3 Ways to Curb Hunger</li> <li>3 Tips to Help Tip the Scales (in the Ri</li> <li>Let's Drink to Better Brain Health</li> </ul>	Why Artificial Sweeteners Could Be Bad for Weight Loss  By Editorial Staff  Help Put Your Kids in a Better Mood With Fruits and Veggies  By Editorial Staff  Strength Training Helps Your Body Burn Fat, Too  By Editorial Staff  The Wrong Way to Treat Migraines  By Editorial Staff  Iron Protects Your Heart  e the Culprit  By Editorial Staff  Time for Less Sodium  By Editorial Staff  Prevent Cancer in 5 Hours  By Editorial Staff  By Editorial Staff
Other Health Sites <u>Chiroweb.com</u> <u>Dynamicchiropractic.com</u> <u>Chirofind.com</u>	Taking Aspirin to Prevent a Heart Attack? Not So Fast  By Editorial Staff  Why Too Much Screen Time Is Bad for Your Young Child's Brain  By Editorial Staff  Avoiding Gestational Diabetes: Good for Mom, Good for Baby  By Editorial Staff  Page printed from:  http://www.toyourhealth.com/mpacms/tyh/issue.php?current=true&id=176&no_b=true

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