[IMAGE] Current Issue - January, 2007 [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]	
	E-mail to a Friend Printer Friendly PDE
[IMAGE]	
[IMAGE]	To Your Health Archives -
[IMAGE]	January, 2007 (Vol. 01, Issue 01)
In This Issue:	
Older Men Need Chiropractic	Good Spinal Health Key to Feeling Great
<u>Great for Memory</u>	By Donald Petersen Jr.
 <u>Try Evening Exercise</u> 	Nutritional Supplements There is a Difference
 <u>Not Enough Nutrients?</u> 	By Richard Drucker
 Is Your Child's Depression Being Cat 	<u>used by Poor Sleep?</u> Kids & Nutrition: 6 Ways to Help Your Children Eat Right
Your Best You	By Julie Engebretson
Previous Issues	Water Facts
	By Valerie Early
Did You Know?	Training With a Purpose: Making Muscles Work Together
<u>Smell Improves Memory?</u>	By Miranda Mirsec
 Increased Caffeine Intake Could Lead 	to Miscarriage Your Foot Bone's Connected to Your Spine Bone
<u>Weight-Loss Factoids</u>	By Dr. Brian Jensen
<u>3 Great Energy Boosters for the New Year</u> <u>New Alternatives to Pain Medication: How Natural Pain Relievers Can Help</u>	
Your Brain Loves Cardio By Phil Page and Dr. Dana Mackison	
The Calcium Question: Are You Getting Enough?	
By Editorial Staff 10 Ways to Prevent Cancer	
By Editorial Staff	
	Active Living
	Page printed from:
	http://www.toyourhealth.com/mpacms/tyh/issue.php?id=1¤t=true&no_b=true
Other Health Sites	
Chiroweb.com	
Dynamicchiropractic.com	
Chirofind.com	
Acupuncturetoday.com	