[IMAGE] To Your Health Archives - 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 | PDF [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 • Great for Memory By Donald Petersen Jr. • Try Evening Exercise Nutritional Supplements There is a Difference • Not Enough Nutrients? By Richard Drucker <u>Sleep?</u> Kids & Nutrition: 6 Ways to Help Your Children Eat Right Is Your Child's Depression Being Caused by Poor • Your Best You By Julie Engebretson Water Facts Previous Issues By Valerie Early Did You Know? Training With a Purpose: Making Muscles Work Together • Drugged Into Dementia? By Miranda Mirsec • 3 Strategies to Tap Into the Power of Concentration Your Foot Bone's Connected to Your Spine Bone • 3 Ways to Diet Right By Dr. Brian Jensen • E-Cigs: Bad for Your Heart? New Alternatives to Pain Medication: How Natural Pain Relievers Can Help It's OK to Eat Eggs 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: $http://www.toyourhealth.com/mpacms/tyh/issue.php?id=1\&no_b=true$ Other Health Sites Chiroweb.com **Dynamicchiropractic.com** Chirofind.com Acupuncturetoday.com