## [IMAGE] To Your Health Archives - August, 2015 [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] [IMAGE] [IMAGE] [IMAGE] [IMAGE] [IMAGE] [IMAGE] E-mail to a Friend | Printer Friendly | PDF [IMAGE] To Your Health Archives -[IMAGE] August, 2015 (Vol. 09, Issue 08) In This Issue: <u>Chronic Pain Can Wreck Your Life</u> Pain: A Global Epidemic That Requires a Global Solution <u>Antioxidants for Acne</u> By Editorial Staff <u>Reflux Drugs & Migraines</u> Diet Is Key, But Exercise Is Essential <u>Kids Need Exercise</u> By Editorial Staff <u>The Life Extender</u> Antioxidants for the Brain • 3 Ways to Lose It By Editorial Staff Your Kids Need Omega-3s Previous Issues By Editorial Staff Did You Know? Show Anger the Door Lose the Last 10 Pounds By Editorial Staff Losing Sleep in the Electronic Age A War You Can Win: 9 Ways to Make Better Food Choices <u>A Detox Strategy to Help Maximize Athletic Performance</u> By David Seaman, DC, MS, DABCN <u>Asthma Meds Increase Risk of Osteoporosis</u> Stay Strong for Life Maternal Tylenol Detrimental to Kids By Editorial Staff A Healthy Lifestyle Keeps the Doctor Away By Editorial Staff 4 Perils of Poor Posture By Editorial Staff School's Back in Session (Here's How to Survive It) By Editorial Staff Page printed from: Other Health Sites Chiroweb.com Dynamicchiropractic.com Chirofind.com Acupuncturetoday.com