[IMAGE] To Your Health Archives - October, 2015 [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] October, 2015 (Vol. 09, Issue 10) In This Issue: Older Men Need Chiropractic Every Shoe Tells a Story • Great for Memory By Mark Charrette, DC • Try Evening Exercise How Fat Affects Prostate Cancer • Not Enough Nutrients? By James P. Meschino, DC, MS Is Your Child's Depression Being Caused by Poor Sleep's Common Fitness Failures Your Best You By Editorial Staff Heart Disease (Risk) Starts Early Previous Issues By Editorial Staff Did You Know? Keep Your Spine in Shape A Detox Strategy to Help Maximize Athletic Performance By Editorial Staff Resist Anxiety With Exercise The Health Benefits of Mindful Eating Happier With Exercise By Julie T. Chen, MD • 3 Big Reasons to Keep Exercising Lower Fracture Risk: No Bones About It • 3 Ways to Live Longer By Editorial Staff Hands-Free Technology? Not as Safe as You Think By Editorial Staff Alcohol During Pregnancy: Adopt a Zero Tolerance Policy By Editorial Staff Workplace Stress Can Be Deadly By Editorial Staff Page printed from: Other Health Sites $http://www.toyourhealth.com/mpacms/tyh/issue.php?id=104\&no_b=true\&no_b=tru$ Chiroweb.com

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