[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]

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 $\underline{\text{E-mail to a Friend}} \mid \underline{\text{Printer Friendly}} \mid \underline{\text{PDF}}$

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In This Issue:

- Chronic Pain Can Wreck Your Life
- Antioxidants for Acne
- Reflux Drugs & Migraines
- Kids Need Exercise
- The Life Extender
- 3 Ways to Lose It

Previous Issues

Did You Know?

- A Simple Coping Skill for Teens
- Top 10 Health Threats for Men
- Bad for the Gut
- Time to Make Time
- Exercise Fights Prostate Cancer

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By Mark Charrette, DC

How Fat Affects Prostate Cancer

By James P. Meschino, DC, MS

Common Fitness Failures

By Editorial Staff

Heart Disease (Risk) Starts Early

By Editorial Staff

Keep Your Spine in Shape

By Editorial Staff

The Health Benefits of Mindful Eating

By Julie T. Chen, MD

Lower Fracture Risk: No Bones About It

By Editorial Staff

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By Editorial Staff

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