[IMAGE] To Your Health Archives - December, 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] December, 2015 (Vol. 09, Issue 12) In This Issue: Chronic Pain Can Wreck Your Life Gut in a Rut? Try These 5 Foods • Antioxidants for Acne By Julie T. Chen, MD • Reflux Drugs & Migraines The Hidden Benefits of Family Meals Kids Need Exercise By Editorial Staff • The Life Extender Is PMS Bad for BP? • 3 Ways to Lose It By Editorial Staff Take Control of Holiday Stress (Before It Takes Control of You) Previous Issues By Editorial Staff Did You Know? Sugar-Free Drinks: Still Bad for Your Teeth New Year, New You By Editorial Staff Get a Healthy Start Rethinking Calcium for Bone Health? Resist Anxiety With Exercise By David Seaman, DC, MS, DABCN A Laugh a Day Keeps the Stress Away Keep the Weight Off - It Could Save Your Life Mix and Match: The Do's and Don'ts of Pairing Food By Editorial Staff Crib Safety 101: Avoid the Bumpers By Editorial Staff 4 Great Arm Exercises By Editorial Staff Healthy Habits for the New Year By Editorial Staff

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