## [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: Older Men Need Chiropractic Gut in a Rut? Try These 5 Foods • Great for Memory By Julie T. Chen, MD <u>Try Evening Exercise</u> The Hidden Benefits of Family Meals <u>Not Enough Nutrients?</u> By Editorial Staff Is Your Child's Depression Being Caused by Poor <u>Sleep?</u> Is PMS Bad for BP? Your Best You 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 <u>Marketing Poor Health to Kids</u> By Editorial Staff Get a Great Workout Without Lifting a Finger Rethinking Calcium for Bone Health? • The Calcium Question: Are You Getting Enough? By David Seaman, DC, MS, DABCN • Are You Eating Your Way to Cancer? Keep the Weight Off - It Could Save Your Life <u>A Dangerous Downward Trend</u> 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 Page printed from: Other Health Sites http://www.toyourhealth.com/mpacms/tyh/issue.php?id=106&no\_b=true&no\_b=true Chiroweb.com Dynamicchiropractic.com Chirofind.com Acupuncturetoday.com