[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 • Vitamin K for the Bones By Editorial Staff • The Power of Positive Thinking Rethinking Calcium for Bone Health? • Can Alcohol Use Up Dementia Risk? By David Seaman, DC, MS, DABCN • Fuel Your Body the Right Way Keep the Weight Off - It Could Save Your Life BPA Can Be a Killer By Editorial Staff Crib Safety 101: Avoid the Bumpers By Editorial Staff

Other Health Sites
Chiroweb.com

Dynamicchiropractic.com

Chirofind.com

Acupuncturetoday.com

4 Great Arm Exercises

By Editorial Staff

Page printed from:

Healthy Habits for the New Year

By Editorial Staff

http://www.toyourhealth.com/mpacms/tyh/issue.php?id=106&no_b=true