[IMAGE] To Your Health Archives - January, 2016 [IMAGE] a.consent:link { color:#FFF; }
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Contact Us Help

[IMAGE]

[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

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[IMAGE]

[IMAGE]

## To Your Health Archives -

## January, 2016 (Vol. 10, Issue 01)

[IMAGE]

In This Issue:

- Best for Spinal Pain
- Keep Your BMI Stable
- Chiropractic = Less Surgery
- Walk Faster, Age Slower
- The Power of Herbs & Spices
- Too Little Talking

## Previous Issues

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- The True Measure of Heart Disease Risk
- Laugh a Little It's Good for Your Brain
- Lose the Last 10 Pounds
- Spice Up Your Health!
- Four Ways to Keep Kids Moving

The Basics of EMF Emissions

By Claudia Anrig, DC

Research: Not Nearly as Transparent as It Needs to Be

By Anthony Rosner, PhD, LLD [Hon.], LLC

Why It's OK to "Just Stand Around"

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Getting Past January

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3 Rules to Improve Your Life

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5 Reasons Why Meditation Should Be Your New Year's Resolution

By Julie T. Chen, MD

Preventing ACL Injuries in Female Athletes

By Robert Silverman, DC, MS, CCN, CSCS

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By Editorial Staff

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By Editorial Staff

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