

[IMAGE] Current Issue - February, 2016 [IMAGE] a.consent:link { color:#FFF; } a.consent:visited { color:#FFF; } a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }

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[IMAGE]

[IMAGE]

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](#)

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- [Shouldering Too Heavy a Load](#)
- [Exercise: A Life Extender](#)
- [15 Minutes a Day](#)
- [The World's Healthiest Habits](#)
- [Infections: Could Your Hospital Be Doing More to Prevent Them?](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

## ***To Your Health Archives -***

### **February, 2016 (Vol. 10, Issue 02)**

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[Diet, Nutrition and the Context of Risk](#)

By G. Douglas Andersen, DC, DACBSP, CCN

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[Women, Stand Up to Obesity](#)

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[Let Your Kids Play \(as Many Sports as They Want\)](#)

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