

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

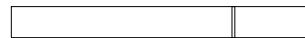
[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]



[IMAGE]

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[IMAGE]

In This Issue:

- [Chronic Pain Can Wreck Your Life](#)
- [Antioxidants for Acne](#)
- [Reflux Drugs & Migraines](#)
- [Kids Need Exercise](#)
- [The Life Extender](#)
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To Your Health Archives -

February, 2016 (Vol. 10, Issue 02)

Diet, Nutrition and the Context of Risk

By G. Douglas Andersen, DC, DACBSP, CCN

The Adult Time Out: Good for You, Good for Your Children

By Editorial Staff

Women, Stand Up to Obesity

By Editorial Staff

Let Your Kids Play (as Many Sports as They Want)

By Editorial Staff

It's American Heart Month! Four Ways to Show Your Heart Some Love

By Editorial Staff

Time for a Little "Me Time"

By Editorial Staff

A Reason to Avoid Tylenol Use During Pregnancy

By Editorial Staff

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By Editorial Staff

Feed Your Brain the Right Way

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The Healthy Bucket List

By Editorial Staff

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