

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

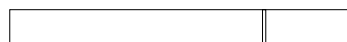
[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]



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[IMAGE]

[IMAGE]

In This Issue:

- [Best for Spinal Pain](#)
- [Keep Your BMI Stable](#)
- [Chiropractic = Less Surgery](#)
- [Walk Faster, Age Slower](#)
- [The Power of Herbs & Spices](#)
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- [Four Ways to Keep Kids Moving](#)
- [A Dangerous Downward Trend](#)
- [Start Them Off Right](#)
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Other Health Sites

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[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

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

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

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By G. Douglas Andersen, DC, DACBSP, CCN

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

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#### 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

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#### Time for a Little "Me Time"

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#### A Reason to Avoid Tylenol Use During Pregnancy

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#### Get in the Calorie-Burning Zone

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#### Feed Your Brain the Right Way

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#### The Healthy Bucket List

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