

[IMAGE] To Your Health Archives - April, 2016 [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]

[IMAGE]

To Your Health Archives - **April, 2016 (Vol. 10, Issue 04)**

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](#)

Previous Issues

[Did You Know?](#)

- [Headache Got You Down? Try Chiropractic](#)
- [Happier Without Smartphones](#)
- [Make Time for Cardio](#)
- [Cut the Salt, Cut the Soda](#)
- [Depressed by Poor Fitness](#)

[Can Vitamin D Help Fight MS?](#)

By James P. Meschino, DC, MS

[Think Straight: Concussion Facts](#)

By Charles Masarsky, DC, FICC

[A Diet That's Good for Your Bones](#)

By Editorial Staff

[Surviving Jelly Bean Day](#)

By Editorial Staff

[Fit Body, Fit Brain](#)

By Editorial Staff

[Vitamin D Fails to Help Knee OA? Questioning the Latest Research](#)

By David Seaman, DC, MS, DABCN

[Are You So Lonely You Could Die?](#)

By Editorial Staff

[Are You Eating Produce or Pesticides?](#)

By Editorial Staff

[Fast Food Could Be Even Worse](#)

By Editorial Staff

[Is Lack of Sleep Killing Our Teens?](#)

By Editorial Staff

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/issue.php?id=110&no_b=true&no_b=true&no_b=true&no_b=true

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)