

[IMAGE] Current Issue - July, 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 -

July, 2016 (Vol. 10, Issue 07)

In This Issue:

- [Older Men Need Chiropractic](#)
- [Great for Memory](#)
- [Try Evening Exercise](#)
- [Not Enough Nutrients?](#)
- [Is Your Child's Depression Being Caused by Poor Sleep?](#)
- [Your Best You](#)

[When Finger \(Pad\) Pointing Causes Pain](#)

By Todd Turnbull, DC, CCSP

[Too Much Screen Time!](#)

By Editorial Staff

[Time to Go Green](#)

By Editorial Staff

[Fight Psoriasis With Weight Loss](#)

By Editorial Staff

[4 Ways to Rise and Shine With the Power of Exercise](#)

By Editorial Staff

[Low Fat vs. Low Carb & the Power of Protein](#)

By G. Douglas Andersen, DC, DACBSP, CCN

- [Rumbly Tumbly: Antibiotics in Infancy Linked to Inflammatory Bowel Disease](#)

[Disease on Longevity From Our Oldest Old](#)

By Lisa Killinger, DC

[A Little \(Good\) Fat Goes a Long Way](#)

By Editorial Staff

[Sunscreen Done Wrong \(and Done Right\)](#)

By Editorial Staff

[3 Overlooked Causes of Stress and How to Eliminate Them](#)

By Editorial Staff

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/issue.php?id=113¤t=true&no_b=true

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)