

[IMAGE] Current Issue - October, 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 -***

### **October, 2016 (Vol. 10, Issue 10)**

---

#### **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?**

- [Keys to an Amazing Memory](#)
- [3 Steps to Better Health](#)
- [Preventing Dementia: 12 Tips](#)
- [Your Microbiome Will Thank You](#)
- [Generational Asthma](#)

#### **Other Health Sites**

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

#### **Who Knew? Morning Sickness Is a Good Sign**

By DCPI Staff

#### **Is High Stress Worse Than Saturated Fat?**

By Editorial Staff

#### **A Simple Coping Skill for Teens**

By Editorial Staff

#### **The Good Side to Sodium**

By Editorial Staff

#### **Hormonal Contraceptive Use Can Be a Major Downer**

By Editorial Staff

#### **The Pros and Cons of Video Games**

By Editorial Staff

#### **Blood Pressure Meds: Is There a Better Option?**

By Editorial Staff

#### **The Joy of Juice: Pomegranate Juice for Prostate Cancer**

By James P. Meschino, DC, MS

#### **Three Preventable Causes of Liver Cancer**

By Editorial Staff

#### **Time to Age Gracefully: 6 Tips to Take to Heart**

By Editorial Staff

Page printed from:

[http://www.toyourhealth.com/mpacms/tyh/issue.php?id=116&current=true&no\\_b=true&no\\_b=true](http://www.toyourhealth.com/mpacms/tyh/issue.php?id=116&current=true&no_b=true&no_b=true)