## [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; }

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## [IMAGE] [IMAGE] [IMAGE] [IMAGE] [IMAGE] [IMAGE] [IMAGE] E-mail to a Friend | Printer Friendly | PDF [IMAGE] To Your Health Archives -[IMAGE] October, 2016 (Vol. 10, Issue 10) In This Issue: Older Men Need Chiropractic Who Knew? Morning Sickness Is a Good Sign <u>Great for Memory</u> By DCPI Staff <u>Try Evening Exercise</u> Is High Stress Worse Than Saturated Fat? <u>Not Enough Nutrients?</u> Is Your Child's Depression Being Caused by Poor Sleep? A Simple Coping Skill for Teens Your Best You By Editorial Staff The Good Side to Sodium Previous Issues By Editorial Staff Did You Know? Hormonal Contraceptive Use Can Be a Major Downer Boost Your Baby's Immune System By Editorial Staff Forecast for Smokers: Gloom and Doom The Pros and Cons of Video Games Get a Handle on Your Weight By Editorial Staff Believe the Hype About Oats Blood Pressure Meds: Is There a Better Option? Beat the Blues (Without Drugs) 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: Other Health Sites http://www.toyourhealth.com/mpacms/tyh/issue.php?id=116&current=true&no\_b=true Chiroweb.com Dynamicchiropractic.com Chirofind.com Acupuncturetoday.com