[IMAGE] To Your Health Archives - October, 2016 [IMAGE] a.consent:link { color:#FFF; } a.consent:visited { color:#FFF; } a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }

[IMAGE]

[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]

Contact Us Help

E-mail to a Friend | Printer Friendly | PDF

[IMAGE]

## 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?

- 3 Rules to Improve Your Life
- Beat Fatigue With Iron
- Even Toddlers Get Too Much Screen Time
- Got Osteoporosis? Don't Be Afraid of Exercise
- Rethinking the Dietary Causes of High Cholesterol

To Your Health Archives -

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

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:

 $http://www.toyourhealth.com/mpacms/tyh/issue.php?id=116\&no\_b=true\_b=true\_b=true\_b=true\_b=true\_b=true\_b=true\_b=true\_b=true\_b=true\_b=true\_b=true\_b=true\_b=tr$ 

Other Health Sites Chiroweb.com

Dynamicchiropractic.com

Chirofind.com

Acupuncturetoday.com