

[IMAGE] Current Issue - November, 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 -

November, 2016 (Vol. 10, Issue 11)

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?](#)

- [New Year, New You](#)
- [Get a Healthy Start](#)
- [Resist Anxiety With Exercise](#)
- [A Laugh a Day Keeps the Stress Away](#)
- [Mix and Match: The Do's and Don'ts of Pairing Food](#)

[Proactive Patient: Know What's in Your Medical Record](#)

By Tomas McFie, DC, PhD

[Get Your Fiber On: The Power of Psyllium](#)

By Peter Finkle

[Poor Exercise Habits Die Hard](#)

By Editorial Staff

[How to Change Your DNA \(But Not in a Good Way\)](#)

By Editorial Staff

[Stick to the Program: How to Make This the Healthy Holidays](#)

By Editorial Staff

[Strong Muscles = Strong Grades?](#)

By Editorial Staff

[Pain Relief Is Music to Your Ears](#)

By Editorial Staff

[TV and Eating: A Bad Combination](#)

By Editorial Staff

[Maximize Your Golden Years](#)

By Editorial Staff

[Wide Awake in the Electronic Age: Our Kids' Sleep Habits Are Suffering](#)

By Editorial Staff

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/issue.php?id=117¤t=true&no_b=true&no_b=true

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chiroweb.com](#)

[Acupuncturetoday.com](#)