

[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]

To Your Health Archives -

[IMAGE]

November, 2016 (Vol. 10, Issue 11)

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](#)

[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

Previous Issues

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

By Editorial Staff

[Did You Know?](#)

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

- [Exercise and Heart Disease: Weighing the Evidence](#)
- [E-Cigs: Bad for Your Heart?](#)
- [Vitamin C May Reduce Stroke Risk](#)
- [Sizzlin' Summer Food Safety Tips](#)
- [Try Evening Exercise](#)

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

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

Page printed from:

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