[IMAGE] To Your Health Archives - 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 Proactive Patient: Know What's in Your Medical Record • Great for Memory By Tomas McFie, DC, PhD • Try Evening Exercise Get Your Fiber On: The Power of Psyllium • Not Enough Nutrients? By Peter Finkle Is Your Child's Depression Being Caused by Poor Sleep?

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