[IMAGE] Current Issue - December, 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] December, 2016 (Vol. 10, Issue 12) In This Issue: Chronic Pain Can Wreck Your Life Keep Breast Cancer From Returning Antioxidants for Acne By James P. Meschino, DC, MS Reflux Drugs & Migraines 4 Ways to Keep Your Holidays Sane Kids Need Exercise By Editorial Staff The Life Extender Show Your Pancreas Some Love • 3 Ways to Lose It By Editorial Staff Fight Psoriasis With the Right Diet Previous Issues By Editorial Staff Did You Know? Yo-Yo Dieting Is a Real Heart Problem 3 Ways to Stick With It By Editorial Staff Stop Parkinson's in Its Tracks 2 Big Reasons to Get Enough Sleep • Greek Goodness By Editorial Staff

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