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

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[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: <u>Chronic Pain Can Wreck Your Life</u> Keep Breast Cancer From Returning <u>Antioxidants for Acne</u> By James P. Meschino, DC, MS <u>Reflux Drugs & Migraines</u> 4 Ways to Keep Your Holidays Sane <u>Kids Need Exercise</u> By Editorial Staff <u>The Life Extender</u> 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 Bursting the Diet Soda Bubble By Editorial Staff • <u>3 Rules to Improve Your Life</u> 2 Big Reasons to Get Enough Sleep <u>Chronic Inflammation: The New "Silent Killer"</u> By Editorial Staff Proactive Patient: Know What's in Your Medical Record Protect Your Heart: Avoid the Anti-Inflammatories • Mix and Match: The Do's and Don'ts of Pairing Food By Editorial Staff Try the Anti-IBS Diet By Editorial Staff Succeed Where You've Failed Before: How to Keep Your 2017 Resolutions By Editorial Staff Get Fit for Life in 2017 By Editorial Staff Page printed from: Other Health Sites Chiroweb.com Dynamicchiropractic.com Chirofind.com Acupuncturetoday.com