[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; } 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: Older Men Need Chiropractic Keep Breast Cancer From Returning Great for Memory By James P. Meschino, DC, MS • Try Evening Exercise 4 Ways to Keep Your Holidays Sane • Not Enough Nutrients? Is Your Child's Depression Being Caused by Poor Sleep?
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