[IMAGE] To Your Health Archives - February, 2017 [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] February, 2017 (Vol. 11, Issue 02) In This Issue: Pain Pills Don't Go Away After Back Surgery BMI: Myth vs. Fact • Poor Sleep = Migraines By Editorial Staff • Sitting Time and BP Skipping Breakfast: Bad for the Heart • The Power of Awe By Editorial Staff Prevent Childhood Cancer An Education in Gluten Sensitivity • The Sleepless Night Diet By James P. Meschino, DC, MS Healthy Brain: Mind Over Matter Previous Issues By Editorial Staff Did You Know? Nutrition for Menopause: A Drug-Free Approach for All Phases • Prevent Colon Cancer by Thinking Anti-Inflammatory (Diet) By Seth Herbst, MD, FACOG • Cholesterol and Kids: Wait, Don't Medicate Depression: Not Just for New Moms • Safety First By Editorial Staff • Low Carb, High Fat for Senior Weight Loss 5 Healthy Teas and Why They Are Good for You • Lifestyle Changes to Keep Cholesterol in the Safe Range By Ryan Keel Screen Zombies: Parents Need to Set a Better Example By Editorial Staff Exercise: Essential During Pregnancy By Editorial Staff Ditch the Drugs for Low Back Pain By Editorial Staff Page printed from: Other Health Sites http://www.toyourhealth.com/mpacms/tyh/issue.php?id=120&no_b=true Chiroweb.com

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