

[IMAGE] To Your Health Archives - April, 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]



[IMAGE]

[E-mail to a Friend](#) | [Printer Friendly](#) | [PDF](#)

[IMAGE]

In This Issue:

- [Chronic Pain Can Wreck Your Life](#)
- [Antioxidants for Acne](#)
- [Reflux Drugs & Migraines](#)
- [Kids Need Exercise](#)
- [The Life Extender](#)
- [3 Ways to Lose It](#)

[Previous Issues](#)

[Did You Know?](#)

- [Laugh a Little – It's Good for Your Brain](#)
- [De-Stress At Your Desk](#)
- [Eat Your Fruits and Veggies!](#)
- [Solving the Cellphone Addiction: Recognition Is Step #1](#)
- [A Diet to Prevent Breast Cancer](#)

## ***To Your Health Archives - April, 2017 (Vol. 11, Issue 04)***

[Have a Heart: Foods to Avoid & Foods to Embrace](#)

By Editorial Staff

[A Book a Day Keeps the Doctor Away?](#)

By Ryan Keel

[4 Ways to Shape Up for Spring](#)

By Editorial Staff

[Can't Shed the Weight? Stress Could Be the Culprit](#)

By Editorial Staff

[Time for Change: Pain Relief Without Opioids](#)

By Editorial Staff

[Chiropractic for Chronic Pain: A Key Piece of the Puzzle](#)

By Editorial Staff

[Daily Heavy-Metal Detox](#)

By James P. Meschino, DC, MS

[How to Survive a Heart Attack](#)

By Editorial Staff

[A Smart Diet Starts Before Pregnancy](#)

By Editorial Staff

[Don't Lose Your Cool](#)

By Editorial Staff

Page printed from:

[http://www.toyourhealth.com/mpacms/tyh/issue.php?id=122&no\\_b=true&no\\_b=true](http://www.toyourhealth.com/mpacms/tyh/issue.php?id=122&no_b=true&no_b=true)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)