[IMAGE] Current Issue - October, 2017 [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]

E-mail to a Friend | Printer Friendly | PDF [IMAGE] To Your Health Archives -[IMAGE] October, 2017 (Vol. 11, Issue 10) In This Issue: <u>Chronic Pain Can Wreck Your Life</u> Eat to Sleep: Supplement Guide <u>Antioxidants for Acne</u> By Todd Singleton, DC <u>Reflux Drugs & Migraines</u> Scare Tactics, Not Science <u>Kids Need Exercise</u> By David Seaman, DC, MS, DABCN <u>The Life Extender</u> Get Your Kids Outside - It's Good for Their Eyes <u>3 Ways to Lose It</u> By Editorial Staff Your Arteries Need a Good Breakfast Previous Issues By Editorial Staff Did You Know? Stay Mobile With a Little Exercise <u>A Diet to Prevent Breast Cancer</u> By Editorial Staff <u>Try Fish Oil Instead of Drugs</u> Got Osteoporosis? Don't Be Afraid of Exercise Believe the Hype About Oats By Editorial Staff <u>Prevent Cancer With Cardio</u> Vitamin D Deficiency May Make Asthma Worse • 10 Ways to be Happier By Editorial Staff If You're Not Walking, You're Dying By Editorial Staff 3 Tips for a Stress-Free Family Home By Editorial Staff Time for Chiropractic By Editorial Staff Page printed from: Other Health Sites $http://www.toyourhealth.com/mpacms/tyh/issue.php?id = 128 \& current = true \& no_b =$ Chiroweb.com Dynamicchiropractic.com

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