

[IMAGE] To Your Health Archives - October, 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]

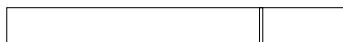
[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]



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

[IMAGE]

[IMAGE]

To Your Health Archives -

October, 2017 (Vol. 11, Issue 10)

In This Issue:

- [Best for Spinal Pain](#)
- [Keep Your BMI Stable](#)
- [Chiropractic = Less Surgery](#)
- [Walk Faster, Age Slower](#)
- [The Power of Herbs & Spices](#)
- [Too Little Talking](#)

[Previous Issues](#)

[Did You Know?](#)

- [Potassium Linked to Fewer Strokes in Women](#)
- [Make Time for Cardio](#)
- [Apples for Asthma](#)
- [Feeling Good About Dark Chocolate](#)
- [Chronic Inflammation: The New "Silent Killer"](#)

[Eat to Sleep: Supplement Guide](#)

By Todd Singleton, DC

[Scare Tactics, Not Science](#)

By David Seaman, DC, MS, DABCN

[Get Your Kids Outside - It's Good for Their Eyes](#)

By Editorial Staff

[Your Arteries Need a Good Breakfast](#)

By Editorial Staff

[Stay Mobile With a Little Exercise](#)

By Editorial Staff

[Got Osteoporosis? Don't Be Afraid of Exercise](#)

By Editorial Staff

[Vitamin D Deficiency May Make Asthma Worse](#)

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:

http://www.toyourhealth.com/mpacms/tyh/issue.php?id=128&no_b=true

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)