

[IMAGE] Current Issue - December, 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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To Your Health Archives -

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By Tom Bayne, DC

Find Your Fountain of Youth

By Mark Charrette, DC

Go Nuts About Protecting Your Heart

By Editorial Staff

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By Editorial Staff

Worried About Screen Time? So Are Your Kids

By Editorial Staff

Exercise: The Key to Better Grades?

By Editorial Staff

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Don't Let the Holidays Defeat You

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Don't Risk Your Health (or the Health of Your Child)

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