## [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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## [IMAGE] [IMAGE] [IMAGE] [IMAGE] [IMAGE] [IMAGE] [IMAGE] E-mail to a Friend | Printer Friendly | PDF [IMAGE] To Your Health Archives -[IMAGE] December, 2017 (Vol. 11, Issue 12) In This Issue: Older Men Need Chiropractic K2: The Anti-Aging Nutrient <u>Great for Memory</u> By Tom Bayne, DC <u>Try Evening Exercise</u> Find Your Fountain of Youth <u>Not Enough Nutrients?</u> Is Your Child's Depression Being Caused by Poor Sleep? Go Nuts About Protecting Your Heart Your Best You By Editorial Staff Previous Issues Give Diabetes a 1-2 Punch With Exercise By Editorial Staff Did You Know? Worried About Screen Time? So Are Your Kids • Is PMS Bad for BP? By Editorial Staff Get Your Fiber On: The Power of Psyllium Exercise: The Key to Better Grades? Low Vitamin D Levels Linked to Disease By Editorial Staff <u>Can Soda Lead To Pancreatic Cancer?</u> DASH Your Way to Lower Blood Pressure Cultivating a Healthy Garden and a Healthy You By Editorial Staff Stop Parkinson's in Its Tracks By Editorial Staff Don't Let the Holidays Defeat You By Editorial Staff Don't Risk Your Health (or the Health of Your Child) By Editorial Staff Page printed from: Other Health Sites http://www.toyourhealth.com/mpacms/tyh/issue.php?id=130&current=true&no\_b=true Chiroweb.com Dynamicchiropractic.com Chirofind.com Acupuncturetoday.com