[IMAGE] To Your Health Archives - December, 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]	
		E-mail to a Friend Printer Friendly PDF
[IMAGE]	To Your Health Archives -	
In This Issue:	December, 2017 (Vol. 11, Issue 12)	
 Chronic Pain Can Wreck Your Life Antioxidants for Acne 	K ₂ : The Anti-Aging Nutrient	
Reflux Drugs & Migraines	By Tom Bayne, DC	
Kids Need Exercise	Find Your Fountain of Youth	
The Life Extender	By Mark Charrette, DC	
3 Ways to Lose It	Go Nuts About Protecting Your Heart	
- 5 ways to Lose It	By Editorial Staff	
Previous Issues	Give Diabetes a 1-2 Punch With Exercise	
Did You Know?	By Editorial Staff	
Green Tea: Good for Body & Soul	Worried About Screen Time? So Are Your Kids	
Cranberries for UTI	By Editorial Staff	
8 Easy Stress Reducers	Exercise: The Key to Better Grades?	
Exercise Your Mind	By Editorial Staff DASH Your Way to Lower Blood Pressure	
Cultivating a Healthy Garden and a He		
	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	
Other Health Sites	Page printed from:	

Other Health Sites
Chiroweb.com

<u>Dynamicchiropractic.com</u>

Chirofind.com

 $\underline{Acupuncturetoday.com}$

http://www.toyourhealth.com/mpacms/tyh/issue.php?id=130&no_b=true&no_b=true&no_b=true