[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] [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 • Great for Memory By Tom Bayne, DC • Try Evening Exercise Find Your Fountain of Youth • Not Enough Nutrients? Is Your Child's Depression Being Caused by Poor Sleep?

By Mark Charrette, DC

Output

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 De-Stress with Tai Chi By Editorial Staff • Rely on the Power of Suggestion Exercise: The Key to Better Grades? Fractures and Medication Use: A Vicious Cycle By Editorial Staff • Vitamin D Effective For Psoriasis? DASH Your Way to Lower Blood Pressure Asthma Meds Increase Risk of Osteoporosis 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&no_b=true&no_b=true Chiroweb.com

- 1 -

Dynamicchiropractic.com
Chirofind.com
Acupuncturetoday.com