

[IMAGE] Current Issue - April, 2018 [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]

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[IMAGE]

[IMAGE]

## ***To Your Health Archives -***

**April, 2018 (Vol. 12, Issue 04)**

### **In This Issue:**

- [Chronic Pain Can Wreck Your Life](#)
- [Antioxidants for Acne](#)
- [Reflux Drugs & Migraines](#)
- [Kids Need Exercise](#)
- [The Life Extender](#)
- [3 Ways to Lose It](#)

### **Previous Issues**

#### **Did You Know?**

- [Vitamin K for the Bones](#)
- [Exercise and Heart Disease: Weighing the Evidence](#)
- [What's Your Excuse?](#)
- [Too Much TV Can Lead to Depression](#)
- [Find Your Balance](#)

#### **Pain Pills Don't Go Away After Back Surgery**

By Editorial Staff

#### **Obesity Can Kill Your Taste Buds**

By Editorial Staff

#### **Your Baby's Medication May Lead to Childhood Allergies**

By Editorial Staff

#### **High BP Ups Miscarriage Risk**

By Editorial Staff

#### **Even Pre-Diabetes Is Risky**

By Editorial Staff

#### **Top 5 Healthy Habits (We Tend to Ignore)**

By Editorial Staff

#### **How to Beat Breast Cancer: Muscle Up**

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#### **Zero Tolerance for Zero-Calorie?**

By Editorial Staff

#### **Another Reason Not to Eat Out**

By Editorial Staff

#### **Save Your Teeth and They'll Save You**

By Editorial Staff

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