

[IMAGE] To Your Health Archives - May, 2018 [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]

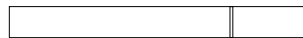
[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]



[E-mail to a Friend](#) | [Printer Friendly](#) | [PDF](#)

[IMAGE]

[IMAGE]

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?](#)

- [High BP While Pregnant? Bad for You, Bad for Baby](#)
- [Beat Inflammation With Turmeric](#)
- [Even When You're Young...](#)
- [5 Foods You Should Be Eating Every Day](#)
- [Get a Great Workout Without Lifting a Finger](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

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

### **May, 2018 (Vol. 12, Issue 05)**

---

[Waking Up to the Right Way to Treat Lower Back Pain](#)

By Editorial Staff

[Nutritional Supplements Instead of Drugs: Natural Pain Relievers](#)

By John Maher, DC, DCBCN, BCIM

[Counting Calories Just Got Easier](#)

By Editorial Staff

[Elderly Fitness: Good for the Brain](#)

By Editorial Staff

[Another Danger of Obesity During Pregnancy](#)

By Editorial Staff

[The Secret to Living Longer: 5 Habits](#)

By Editorial Staff

[Don't Forget About Chiropractic](#)

By Editorial Staff

[Healthy Is Happy: The Power of Exercise](#)

By Editorial Staff

[Antibiotics = Kidney Stones?](#)

By Editorial Staff

[Fast Food Slows Down Fertility](#)

By Editorial Staff

Page printed from:

[http://www.toyourhealth.com/mpacms/tyh/issue.php?id=135&no\\_b=true&no\\_b=true&no\\_b=true](http://www.toyourhealth.com/mpacms/tyh/issue.php?id=135&no_b=true&no_b=true&no_b=true)