[IMAGE] To Your Health Archives - February, 2008 [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] February, 2008 (Vol. 02, Issue 02) In This Issue: Best for Spinal Pain The Human-Animal Bond • Keep Your BMI Stable By Meghan Vivo • Chiropractic = Less Surgery Snooze or Lose • Walk Faster, Age Slower By Kathryn Feather • The Power of Herbs & Spices Body by Design • Too Little Talking By Dr. Daniel J. Cruoglio Teaching Kids to Eat Healthy: Your Role as a Parent Previous Issues By Editorial Staff Did You Know? Slowing Down Fast Food • Lower Sugar = Lower Blood Pressure By Dr. Claudia Anrig • Low Fat vs. Low Carb & the Power of Protein Surfing the Slopes • Get Fit, Stay Happy By Editorial Staff • No Bones About It: Girls Benefit From Weight-Bearing Exercise Olive Oil Joins the Fight Red Meat and Diabetes By Dr. David Holland A Laughing Matter By Editorial Staff From the Heart By Editorial Staff Page printed from: http://www.toyourhealth.com/mpacms/tyh/issue.php?id=14&no\_b=true Other Health Sites Chiroweb.com Dynamicchiropractic.com Chirofind.com

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