[IMAGE] Current Issue - November, 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] To Your Health Archives -[IMAGE] November, 2018 (Vol. 12, Issue 11) In This Issue: • Best for Spinal Pain Your Unhealthiest Habit: Not Exercising • Keep Your BMI Stable By Editorial Staff • Chiropractic = Less Surgery 5 Ways to Live a Decade Longer Walk Faster, Age Slower By Editorial Staff The Power of Herbs & Spices Say No-No to Yo-Yo Dieting • Too Little Talking By Editorial Staff Does Poor Sleep Impact Grades as Much as Alcohol or Drugs? Previous Issues By Editorial Staff Did You Know? Year-Round Breast Cancer Prevention Resist Anxiety With Exercise By Editorial Staff • Less Sleep = Higher Concussion Risk? Creatine: It's Not Just for Athletes Anymore! Don't Be Fooled by Food Labels By Naomi Albertson, MD • Eat to Live Longer An Easy Way to Keep Your Baby's Stress Levels Low • The Power of Positive Thinking By Editorial Staff The Upside to Social Media? By Editorial Staff More Water = Fewer UTIs By Editorial Staff 3 Great Stretches After Your Workout

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<u>Dynamicchiropractic.com</u>

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By Editorial Staff

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