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To Your Health Archives -

December, 2018 (Vol. 12, Issue 12)

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?

- [Your Microbiome Will Thank You](#)
- [3 Big Reasons to Keep Exercising](#)
- [Vitamin D Over Amoxicillin?](#)
- [3 Ways to Avoid Burnout](#)
- [The Calcium Question: Are You Getting Enough?](#)

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By Editorial Staff

Cut Cancer Risk: Eat Organic

By Editorial Staff

Are You Getting Your Baby High?

By Editorial Staff

Can Stress Shrink Your Brain?

By Editorial Staff

Lose the Weight, Lower the Risk

By Editorial Staff

Want to Constrict Your Blood Vessels? Grab an Energy Drink

By Editorial Staff

New Year's Resolutions That Should Be on Your List (But Probably Aren't)

By Editorial Staff

Children Too Young to See App Ads? It's Still Happening (Constantly)

By Editorial Staff

How to Prevent Holiday Weight Gain: Weigh In

By Editorial Staff

We All Need a Regular Bedtime

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