[IMAGE] To Your Health Archives - December, 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] **December, 2018 (Vol. 12, Issue 12)** In This Issue: Older Men Need Chiropractic Why Americans Love Chiropractic • Great for Memory By Editorial Staff • Try Evening Exercise Cut Cancer Risk: Eat Organic • Not Enough Nutrients? By Editorial Staff Is Your Child's Depression Being Caused by Poor Sleep?

Are You Getting Your Baby High? Your Best You By Editorial Staff Can Stress Shrink Your Brain? Previous Issues By Editorial Staff Did You Know? Lose the Weight, Lower the Risk • Feed Your Brain By Editorial Staff Even Toddlers Get Too Much Screen Time Want to Constrict Your Blood Vessels? Grab an Energy Drink Ditch the Pinch By Editorial Staff Obesity Shortens Your Life New Year's Resolutions That Should Be on Your List (But Probably Aren't) • Does Your Dental Health Impact Whole-Body Health? 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 By Editorial Staff Page printed from: Other Health Sites $http://www.toyourhealth.com/mpacms/tyh/issue.php?id=142\&no_b=true\&no_b=true$

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