

[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]

[IMAGE]

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

### **December, 2018 (Vol. 12, Issue 12)**

---

In This Issue:

- [Pain Pills Don't Go Away After Back Surgery](#)
- [Poor Sleep = Migraines](#)
- [Sitting Time and BP](#)
- [The Power of Awe](#)
- [Prevent Childhood Cancer](#)
- [The Sleepless Night Diet](#)

[Why Americans Love Chiropractic](#)

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](#)

By Editorial Staff

Page printed from:

[http://www.toyourhealth.com/mpacms/tyh/issue.php?id=142&no\\_b=true](http://www.toyourhealth.com/mpacms/tyh/issue.php?id=142&no_b=true)

[Previous Issues](#)

[Did You Know?](#)

- [3 Ways to Increase Energy](#)
- [Antioxidants for the Brain](#)
- [Less Meat, Lower Risk](#)
- [Less Sleep = More Junk Food?](#)
- [Vitamin D for Baby](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)