

[IMAGE] To Your Health Archives - January, 2019 [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]

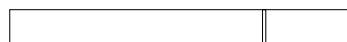
[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]



[E-mail to a Friend](#) | [Printer Friendly](#) | [PDF](#)

[IMAGE]

[IMAGE]

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

### **January, 2019 (Vol. 13, Issue 01)**

---

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](#)

[Depressed by Social Media](#)

By Editorial Staff

[Exercise: Your Brain Will Thank You!](#)

By Editorial Staff

[Marijuana or Alcohol: Which Is Worse for Your Child?](#)

By Editorial Staff

[Activity as Good as Meds for High BP](#)

By Editorial Staff

[Start the New Year Right](#)

By Editorial Staff

[Death by Opioid Overdose: The Odds Aren't in Your Favor](#)

By Editorial Staff

[Quality Carbs: The Secret to Health?](#)

By Editorial Staff

[A Problem With Alcohol \(Even When Parents Only Drink It Occasionally\)?](#)

By Editorial Staff

[Type 2 Diabetes: Bad for the Brain](#)

By Editorial Staff

[How "The Biggest Losers" Keep the Weight Off \(and How You Can, Too\)](#)

By Editorial Staff

Page printed from:

[http://www.toyourhealth.com/mpacms/tyh/issue.php?id=143&no\\_b=true](http://www.toyourhealth.com/mpacms/tyh/issue.php?id=143&no_b=true)

[Previous Issues](#)

[Did You Know?](#)

- [Keep Your Chin Up](#)
- [Fuel Your Body the Right Way](#)
- [A Little Activity Goes a Long Way](#)
- [Muscle Can Be a Life Saver](#)
- [Why Garlic Is Good for You](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)