[IMAGE] Current Issue - February, 2019 [IMAGE] a.consent:link { color:#FFF; } a.consent:visited { color:#FFF; } a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }

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[IMAGE] [IMAGE] [IMAGE] [IMAGE] [IMAGE]

[IMAGE]

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In This Issue:	February, 2019 (Vol. 13, Issue 02)
 Pain Pills Don't Go Away After Back. Poor Sleep = Migraines Sitting Time and BP The Power of Awe Prevent Childhood Cancer The Sleepless Night Diet Previous Issues Did You Know? Surviving Back to School Strolling To Safety Dying the Right Way Eat Your Fruits and Veggies! Exercise: Your Brain Will Thank You! 	Stay Active After a Heart Attack By Editorial Staff Obesity Is Bad for Your Kidneys By Editorial Staff The Dangerous Trend in Texting By Editorial Staff Headache Got You Down? Try Chiropractic By Editorial Staff Get in Motion - to Prevent and Relieve Back Pain By Editorial Staff Even Toddlers Get Too Much Screen Time By Editorial Staff Interval Training Best for Weight Loss?
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