[IMAGE] To Your Health Archives - June, 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]

E-mail to a Friend | Printer Friendly | PDF [IMAGE] To Your Health Archives -[IMAGE] June, 2019 (Vol. 13, Issue 06) In This Issue: <u>Chronic Pain Can Wreck Your Life</u> Depression in Older Adults: Magnesium Matters Antioxidants for Acne By Editorial Staff <u>Reflux Drugs & Migraines</u> Walk Faster, Live Longer <u>Kids Need Exercise</u> By Editorial Staff <u>The Life Extender</u> Is Your Poor Diet Fueling Cancer? • 3 Ways to Lose It By Editorial Staff Antibiotic Use and ALS: Food for Thought Previous Issues By Editorial Staff Did You Know? 5 Steps to Avoid Processed Foods (When You're Surrounded by Them) <u>3 Steps to Losing Weight</u> By Editorial Staff Weight Loss Helps Prevent Thyroid Cancer Heartburn Drugs Aren't Worth the Risk BPA Can Be a Killer By Editorial Staff <u>What Can't It Do? Key Health & Wellness Benefits of Flax</u> Low Carb or Low Fat: Which Is Better for Heart Health? <u>Know Your Numbers</u> By Editorial Staff Depressed by Poor Fitness By Editorial Staff Your Sleep Habits Are Making You Fat By Editorial Staff Too Many Seniors Are Falling (and Dying), But Here's How to Fix It By Editorial Staff Page printed from: Other Health Sites $http://www.toyourhealth.com/mpacms/tyh/issue.php?id=148\%C2\%A4t=true\&no_b=true@no_b=true"no_b=t$ Chiroweb.com Dynamicchiropractic.com Chirofind.com Acupuncturetoday.com