## [IMAGE] Current Issue - July, 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] [IMAGE] E-mail to a Friend | Printer Friendly | PDF [IMAGE] To Your Health Archives -[IMAGE] July, 2019 (Vol. 13, Issue 07) In This Issue: Older Men Need Chiropractic Your Cell Phone Drains Your Brain (Even When You're Not Using It) <u>Great for Memory</u> By Editorial Staff <u>Try Evening Exercise</u> More Red Meat = Higher Death Risk <u>Not Enough Nutrients?</u> Is Your Child's Depression Being Caused by Poor Sleep? Another Reason to Lose the Weight Your Best You By Editorial Staff Are Weights Better Than Aerobic Exercise for Heart Health? Previous Issues By Editorial Staff Did You Know? Don't Medicate Your Empathy Away <u>P Stands for Perfect Your Posture</u> By Editorial Staff Forecast for Smokers: Gloom and Doom It's the Right Time to Exercise • <u>3 Ways to Shake the Blues</u> By Editorial Staff Quiet Down! I'm Eating Is Your Soap Damaging Your Bones? <u>Swim With a Purpose</u> By Editorial Staff Drugged Into Dementia? By Editorial Staff All Sitting Is Not Created Equal? By Editorial Staff Why Type of Protein Is Best for Cholesterol? By Editorial Staff Page printed from: Other Health Sites http://www.toyourhealth.com/mpacms/tyh/issue.php?id=149&current=true&no\_b=true Chiroweb.com Dynamicchiropractic.com Chirofind.com Acupuncturetoday.com