

[IMAGE] To Your Health Archives - July, 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]

In This Issue:

- [Chronic Pain Can Wreck Your Life](#)
- [Antioxidants for Acne](#)
- [Reflux Drugs & Migraines](#)
- [Kids Need Exercise](#)
- [The Life Extender](#)
- [3 Ways to Lose It](#)

[Previous Issues](#)

[Did You Know?](#)

- [Not Your Average Vegetable](#)
- [Veggie Prep: Do It Right \(Your Body Will Thank You\)](#)
- [Plant vs. Animal: The Hard Truth](#)
- [Can Soda Lead To Pancreatic Cancer?](#)
- [3 Ways to Keep Your Skin Healthy](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

## ***To Your Health Archives - July, 2019 (Vol. 13, Issue 07)***

---

[Your Cell Phone Drains Your Brain \(Even When You're Not Using It\)](#)

By Editorial Staff

[More Red Meat = Higher Death Risk](#)

By Editorial Staff

[Another Reason to Lose the Weight](#)

By Editorial Staff

[Are Weights Better Than Aerobic Exercise for Heart Health?](#)

By Editorial Staff

[Don't Medicate Your Empathy Away](#)

By Editorial Staff

[It's the Right Time to Exercise](#)

By Editorial Staff

[Is Your Soap Damaging Your Bones?](#)

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:

[http://www.toyourhealth.com/mpacms/tyh/issue.php?id=149&no\\_b=true&no\\_b=true&no\\_b=true](http://www.toyourhealth.com/mpacms/tyh/issue.php?id=149&no_b=true&no_b=true&no_b=true)