

[IMAGE] Current Issue - December, 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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To Your Health Archives -

December, 2019 (Vol. 13, Issue 12)

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- [Chronic Pain Can Wreck Your Life](#)
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Previous Issues

Did You Know?

- [Healthy Eating \(When Eating Out\)](#)
- [The Health Benefits of Mindful Eating](#)
- [More Iron Required](#)
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- [Vitamin C May Reduce Stroke Risk](#)

How Much Vitamin D?

By David Seaman, DC, MS, DABCN

The Expert on Self-Care: Your Doctor of Chiropractic

By Donald M. Petersen Jr., BS, HCD(hc), FICC(h)

Is Eating at Night Bad for Your Heart?

By Editorial Staff

Infants and Antibiotics: Why It's a Bad Combination

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Never Move Too Far From a Chiropractor

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