

[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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[IMAGE]

[IMAGE]

In This Issue:

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

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[Did You Know?](#)

- [High-Intensity Training For Pain](#)
- [TV and Eating: A Bad Combination](#)
- [Plastic Takes a Toll on Your IQ](#)
- [Antioxidants for the Brain](#)
- [When the Couch Kills](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirolfind.com](#)

[Acupuncturetoday.com](#)

To Your Health Archives -

December, 2019 (Vol. 13, Issue 12)

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), FICCC(h)

Is Eating at Night Bad for Your Heart?

By Editorial Staff

Infants and Antibiotics: Why It's a Bad Combination

By Editorial Staff

Never Move Too Far From a Chiropractor

By Editorial Staff

NSAIDs Aren't Doing the Job

By Editorial Staff

How 10 Hours a Day Can Change Your Life

By Editorial Staff

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By Editorial Staff

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Recipe for a Healthy Spine

By Editorial Staff

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