[IMAGE] To Your Health Archives - December, 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] To Your Health Archives -[IMAGE] **December**, 2019 (Vol. 13, Issue 12) In This Issue: Older Men Need Chiropractic How Much Vitamin D? Great for Memory By David Seaman, DC, MS, DABCN • Try Evening Exercise The Expert on Self-Care: Your Doctor of Chiropractic Not Enough Nutrients? Is Your Child's Depression Being Caused by Poor Sleep?
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