[IMAGE] Current Issue - January, 2020 [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] January, 2020 (Vol. 14, Issue 01) In This Issue: • Best for Spinal Pain Starting Them Off Wrong • Keep Your BMI Stable By Editorial Staff • Chiropractic = Less Surgery Wide Awake in America Walk Faster, Age Slower By Editorial Staff • The Power of Herbs & Spices Balancing the Brain • Too Little Talking By Editorial Staff Know Your Vitamin D Status Previous Issues By Editorial Staff Did You Know? Fasting: Good for the Heart • Antibiotics = Kidney Stones? By Editorial Staff Sitting Too Much? Here's How You Can Reverse the Damage The Power of Algae Nutrition Asthma Meds Increase Risk of Osteoporosis By Catharine Arnston • Put It in Writing Expecting? Avoid Tylenol Greek Goodness By Editorial Staff Exercise & Healthy Aging: A Great Combination By Editorial Staff Say Hello to Chili Pepper By Editorial Staff Alcohol: Worse for Women By Editorial Staff Page printed from: Other Health Sites http://www.toyourhealth.com/mpacms/tyh/issue.php?id=155¤t=true&no_b=true Chiroweb.com Dynamicchiropractic.com Chirofind.com Acupuncturetoday.com