

[IMAGE] Current Issue - October, 2020 [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]

## ***To Your Health Archives -***

### **October, 2020 (Vol. 14, Issue 10)**

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- [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?

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- [Healthy Doesn't Have to Be Hard](#)
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- [Cutting-Edge Compounds: Piceatannol](#)

#### Probiotics: The Secret Weapon in the Fight Against Childhood Obesity

By Editorial Staff

#### The Sleep "Sweet Spot" to Avoid Cognitive Decline

By Editorial Staff

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By Editorial Staff

#### Baby on the Way? Get Your Vitamin D Levels Checked

By Editorial Staff

#### Young Adults Need Anti-Smoking Messaging, Too

By Editorial Staff

#### Don't Forget to Exercise

By Editorial Staff

#### COVID-19: Your Motivation to Finally Lose the Weight

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#### Asthma Meds Increase Risk of Osteoporosis

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