[IMAGE] To Your Health Archives - 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]

[IMAGE]

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To Your Health Archives -

October, 2020 (Vol. 14, Issue 10)

[IMAGE]

In This Issue:

- 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?

- Iron Protects Your Heart
- Can't Shed the Weight? Stress Could Be the Culprit
- Fiber: Just Get Some
- Age Gracefully
- Self-Control Keeps You Young

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