[IMAGE] To Your Health Archives - January, 2021 [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, 2021 (Vol. 15, Issue 01) In This Issue: Chronic Pain Can Wreck Your Life The Secret to a Happier 2021 • Antioxidants for Acne By Editorial Staff • Reflux Drugs & Migraines It's Time to Test Your Heart Health (and Improve It at the Same Time) Kids Need Exercise By Editorial Staff • The Life Extender Are You Stressing Your Baby? • 3 Ways to Lose It By Editorial Staff The Pillars of Mental Health Previous Issues By Editorial Staff Did You Know? Build a Bigger Brain • Steps for the Brain By Editorial Staff Physical Inactivity Leads to Chronic Pain Vitamin C to the Rescue? • Ring! Hello, It's Radiation By Editorial Staff • Don't Ignore the Warnings The Color of Health Keep Breast Cancer From Returning By Editorial Staff Green Tea for Diabetes Prevention By Editorial Staff Self-Control Keeps You Young

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