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To Your Health Archives -

January, 2021 (Vol. 15, Issue 01)

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](#)

The Secret to a Happier 2021

By Editorial Staff

It's Time to Test Your Heart Health (and Improve It at the Same Time)

By Editorial Staff

Are You Stressing Your Baby?

By Editorial Staff

The Pillars of Mental Health

By Editorial Staff

Build a Bigger Brain

By Editorial Staff

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- [Infants and Antibiotics: Why It's a Bad Combination](#)
- [FDA Cracks Down on Epidural Corticosteroids](#)
- [Vitamin B-12 Deficient? This Might Be Why](#)
- [Better for Baby](#)

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