[IMAGE] Current Issue - September, 2021 [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] E-mail to a Friend | Printer Friendly | PDF [IMAGE] To Your Health Archives -[IMAGE] September, 2021 (Vol. 15, Issue 09) In This Issue: Chronic Pain Can Wreck Your Life Losing or Gaining Minutes? Antioxidants for Acne By Editorial Staff Reflux Drugs & Migraines Kids Need Exercise By Editorial Staff <u>The Life Extender</u> Listening: Key to Brain Health 3 Ways to Lose It By Editorial Staff A Dangerous Downward Trend Previous Issues By Editorial Staff Did You Know? A Big Reason to Watch Weight During Pregnancy <u>3 Tips for a Stress-Free Family Home</u> By Editorial Staff De-Stress At Your Desk Suffering From Knee Pain? Your Chiropractor Is Your Best Choice Strength Training Helps Your Body Burn Fat, Too By Editorial Staff Open Up to Full-Body Health Curb Kids' Screen Time Following a Concussion Alcohol During Pregnancy: Adopt a Zero Tolerance Policy By Editorial Staff Is Fitness More Important Than Weight Loss for Health? By Editorial Staff Less Sleep = More Snacking By Editorial Staff Coffee Reduces Arrhythmia Risk? By Editorial Staff Page printed from:

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