[IMAGE] To Your Health Archives - September, 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

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## To Your Health Archives -

## **September, 2021 (Vol. 15, Issue 09)**

[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?

- A Laugh a Day Keeps the Stress Away
- Drink (Coffee and Tea) to Better Health
- What's on Your Spa Menu?
- 3 Keys to Eating Right
- NSAIDs Up Miscarriage Risk?

Losing or Gaining Minutes?

By Editorial Staff

Counter the Couch Potato

By Editorial Staff

Listening: Key to Brain Health

By Editorial Staff

A Dangerous Downward Trend

By Editorial Staff

A Big Reason to Watch Weight During Pregnancy

By Editorial Staff

Suffering From Knee Pain? Your Chiropractor Is Your Best Choice

By Editorial Staff

Curb Kids' Screen Time Following a Concussion

By Editorial Staff

Is Fitness More Important Than Weight Loss for Health?

By Editorial Staff

<u>Less Sleep = More Snacking</u>

By Editorial Staff

Coffee Reduces Arrhythmia Risk?

By Editorial Staff

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