

[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](#)

[IMAGE]

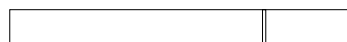
[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]



[E-mail to a Friend](#) | [Printer Friendly](#) | [PDF](#)

[IMAGE]

[IMAGE]

## ***To Your Health Archives -*** **September, 2021 (Vol. 15, Issue 09)**

---

In This Issue:

- [Older Men Need Chiropractic](#)
- [Great for Memory](#)
- [Try Evening Exercise](#)
- [Not Enough Nutrients?](#)
- [Is Your Child's Depression Being Caused by Poor Sleep?](#)
- [Your Best You](#)

[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

[Less Sleep = More Snacking](#)

By Editorial Staff

[Coffee Reduces Arrhythmia Risk?](#)

By Editorial Staff

Page printed from:

[http://www.toyourhealth.com/mpacms/tyh/issue.php?id=175&no\\_b=true](http://www.toyourhealth.com/mpacms/tyh/issue.php?id=175&no_b=true)

[Previous Issues](#)

[Did You Know?](#)

- [The Good Side to Sodium](#)
- [Age-Proofing the Home: Injury Prevention for Seniors](#)
- [Take a Deep Breath](#)
- [Feel Young, Live Longer?](#)
- [The True Measure of Heart Disease Risk](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)