

[IMAGE] Current Issue - October, 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 -

October, 2021 (Vol. 15, Issue 10)

In This Issue:

- [Pain Pills Don't Go Away After Back Surgery](#)
- [Poor Sleep = Migraines](#)
- [Sitting Time and BP](#)
- [The Power of Awe](#)
- [Prevent Childhood Cancer](#)
- [The Sleepless Night Diet](#)

[Why Artificial Sweeteners Could Be Bad for Weight Loss](#)

By Editorial Staff

[Help Put Your Kids in a Better Mood With Fruits and Veggies](#)

By Editorial Staff

[Strength Training Helps Your Body Burn Fat, Too](#)

By Editorial Staff

[The Wrong Way to Treat Migraines](#)

By Editorial Staff

[Iron Protects Your Heart](#)

By Editorial Staff

[Time for Less Sodium](#)

By Editorial Staff

[Prevent Cancer in 5 Hours](#)

By Editorial Staff

[Taking Aspirin to Prevent a Heart Attack? Not So Fast](#)

By Editorial Staff

[Why Too Much Screen Time Is Bad for Your Young Child's Brain](#)

By Editorial Staff

[Avoiding Gestational Diabetes: Good for Mom, Good for Baby](#)

By Editorial Staff

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/issue.php?id=176¤t=true&no_b=true

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)