[IMAGE] To Your Health Archives - 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] To Your Health Archives -[IMAGE] October, 2021 (Vol. 15, Issue 10) In This Issue: Chronic Pain Can Wreck Your Life Why Artificial Sweeteners Could Be Bad for Weight Loss <u>Antioxidants for Acne</u> By Editorial Staff <u>Reflux Drugs & Migraines</u> Help Put Your Kids in a Better Mood With Fruits and Veggies <u>Kids Need Exercise</u> By Editorial Staff <u>The Life Extender</u> Strength Training Helps Your Body Burn Fat, Too • <u>3 Ways to Lose It</u> By Editorial Staff The Wrong Way to Treat Migraines Previous Issues By Editorial Staff Did You Know? Iron Protects Your Heart De-Stress At Your Desk By Editorial Staff The Basics of EMF Emissions Time for Less Sodium <u>Why Too Much Screen Time Is Bad for Your Young Child's Brain</u> By Editorial Staff Don't Ignore the Warnings Prevent Cancer in 5 Hours <u>Aerobics for the Brain: Not Just for Seniors</u> 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: Other Health Sites http://www.toyourhealth.com/mpacms/tyh/issue.php?id=176&no_b=true&no_b=true Chiroweb.com Dynamicchiropractic.com Chirofind.com Acupuncturetoday.com