

[IMAGE] To Your Health Archives - December, 2021 [IMAGE] a.consent:link { color:#FFF; }
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To Your Health Archives -

December, 2021 (Vol. 15, Issue 12)

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](#)

10 Minutes to a Better Brain

By Editorial Staff

Keep It Under Control

By Editorial Staff

Preparing for Baby: Watch Your Weight

By Editorial Staff

Drink (Coffee and Tea) to Better Health

By Editorial Staff

Don't Let the Holidays Wreck You

By Editorial Staff

Supporting a Woman's Body and Fetal Development During Pregnancy

By Monika A. Buerger, BA, DC

Making the Pain Worse

By Editorial Staff

Vitamin D Is Good for Your Heart

By Editorial Staff

Exercise and Sleep: The Two-Hour Rule

By Editorial Staff

Weight Loss Helps Prevent Thyroid Cancer

By Editorial Staff

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Previous Issues

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- [Prostate Health: Think Cruciferous \(Veggies\)](#)
- [Cough Relief the Natural Way](#)
- [Stay Active - Your Brain Deserves It](#)
- [Steroids for Sciatica: More Trouble Than They're Worth](#)
- [Vitamin D: Good for Migraines?](#)

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[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)