

[IMAGE] Current Issue - January, 2022 [IMAGE] a.consent:link { color:#FFF; } a.consent:visited { color:#FFF; } a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }

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[IMAGE]

[IMAGE]

[IMAGE] [IMAGE]

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[IMAGE]

[IMAGE]



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[IMAGE]

[IMAGE]

In This Issue:

- [Best for Spinal Pain](#)
- [Keep Your BMI Stable](#)
- [Chiropractic = Less Surgery](#)
- [Walk Faster, Age Slower](#)
- [The Power of Herbs & Spices](#)
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- [Swim With a Purpose](#)
- [Get in the Calorie-Burning Zone](#)
- [Surviving Back to School](#)
- [How to Manage Knee Osteoarthritis: Focus on the Hip](#)
- [Can You Hear This? Your Weight Might Be The Reason](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

To Your Health Archives -

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[Plant Foods: Good for Your Brain](#)

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