

[IMAGE] Current Issue - June, 2022 [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]

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[IMAGE]

[IMAGE]

## ***To Your Health Archives -***

### **June, 2022 (Vol. 16, Issue 06)**

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- [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](#)

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By Editorial Staff

#### The Best Time for Protein

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#### The Anti-Cancer Combo

By Editorial Staff

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#### Antioxidants for the Brain

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#### Better for Baby

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#### Belly Fat: Bad for the Spine

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#### Bad for Body Image

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#### Fiber to the Rescue

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#### Reducing Stroke Risk

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