[IMAGE] Current Issue - July, 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] [IMAGE] [IMAGE] [IMAGE] E-mail to a Friend | Printer Friendly | PDF [IMAGE] To Your Health Archives -[IMAGE] July, 2022 (Vol. 16, Issue 07) In This Issue: • Pain Pills Don't Go Away After Back Surgery Try the Longevity Diet • Poor Sleep = Migraines By Editorial Staff Sitting Time and BP Walking for Knee Pain • The Power of Awe By Editorial Staff Prevent Childhood Cancer An Allergy Solution • The Sleepless Night Diet By Editorial Staff Happier Without Smartphones Previous Issues By Editorial Staff Did You Know? Better for Baby • Mix and Match: The Do's and Don'ts of Pairing Food By Editorial Staff A Laugh a Day Keeps the Stress Away Weekend Warrior? That's OK • A Cause of Hair Loss? By Editorial Staff • Plant vs. Animal: The Hard Truth Sleep and Heart Health Avoid Acetaminophen By Editorial Staff How Good Is Your Diet? By Editorial Staff More Muscle, Better Brain By Editorial Staff Vitamin D for Baby By Editorial Staff Page printed from: Other Health Sites http://www.toyourhealth.com/mpacms/tyh/issue.php?id=185¤t=true&no_b=true Chiroweb.com Dynamicchiropractic.com Chirofind.com Acupuncturetoday.com