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To Your Health Archives -

December, 2022 (Vol. 16, Issue 12)

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Surgery: No Added Benefit

By Editorial Staff

Less Salt, Better Heart

By Editorial Staff

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By Editorial Staff

An Aspirin a Day ... Increases Fall Risk

By Editorial Staff

Make Lemonade

By Editorial Staff

Managing Low Back Pain: Tips and Strategies for Relieving Your Pain at Home

By Spine IQ Staff

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