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

[IMAGE]

[IMAGE]

[IMAGE] [IMAGE]

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In This Issue:

- Best for Spinal Pain
- Keep Your BMI Stable
- Chiropractic = Less Surgery
- Walk Faster, Age Slower
- The Power of Herbs & Spices
- Too Little Talking

Previous Issues

Did You Know?

- Low Iodine = Low Fertility
- Vitamin D Effective For Psoriasis?
- When Carbohydrates Kill
- Don’t Forget About Preventing Alzheimer’s
- Teen Weight: A Big Risk for Colon Cancer

Other Health Sites

Chiroweb.com

Dynamicchiropractic.com

Chirofind.com

Acupuncturetoday.com

To Your Health Archives -

December, 2022 (Vol. 16, Issue 12)

Surgery: No Added Benefit

By Editorial Staff

Less Salt, Better Heart

By Editorial Staff

Reminders Matter

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

The Best and Worst Time

By Editorial Staff

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By Editorial Staff

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By Editorial Staff

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