## [IMAGE] Current Issue - December, 2008 [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] [IMAGE]

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[IMAGE]

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E-mail to a Friend | Printer Friendly | PDF [IMAGE] To Your Health Archives -[IMAGE] December, 2008 (Vol. 02, Issue 12) In This Issue: <u>Chronic Pain Can Wreck Your Life</u> The At-Home Athlete <u>Antioxidants for Acne</u> By Perry Nickleston, DC <u>Reflux Drugs & Migraines</u> The ABCs of Nutrition <u>Kids Need Exercise</u> By Claudia Anrig, DC <u>The Life Extender</u> Common Knee Injuries, Uncommon Sense • <u>3 Ways to Lose It</u> By Brian Jensen, DC Safety First Previous Issues By Nancy Molina, DC Did You Know? Marketing Poor Health to Kids <u>Are You Eating Produce or Pesticides?</u> By Editorial Staff <u>A Problem With Alcohol (Even When Parents Only Drink It OccasippedbyAdditives</u> Plastic Takes a Toll on Your IQ By Christine H. Farlow, DC <u>Exercise for Cancer Fatigue</u> Welcome to Boot Camp By Editorial Staff • Finding the Right Fit Peppermint Does More Than Freshen Breath By Editorial Staff Healthy Holidays By Editorial Staff Page printed from:  $http://www.toyourhealth.com/mpacms/tyh/issue.php?id=24 \& current=true \& no\_b=true @ no\_b$ Other Health Sites Chiroweb.com Dynamicchiropractic.com Chirofind.com