

[IMAGE] To Your Health Archives - December, 2008 [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]

[IMAGE]

To Your Health Archives -

December, 2008 (Vol. 02, Issue 12)

In This Issue:

- [Older Men Need Chiropractic](#)
- [Great for Memory](#)
- [Try Evening Exercise](#)
- [Not Enough Nutrients?](#)
- [Is Your Child's Depression Being Caused by Poor Sleep?](#)
- [Your Best You](#)

The At-Home Athlete

By Perry Nicklestone, DC

The ABCs of Nutrition

By Claudia Anrig, DC

Common Knee Injuries, Uncommon Sense

By Brian Jensen, DC

Previous Issues

Did You Know?

- [Cultivating a Healthy Garden and a Healthy You](#)
- [The D in Vitamin D](#)
- [Dying the Right Way](#)
- [Healthy Teeth for a Healthier You](#)
- [Vaping Leads to Marijuana, Leads to...?](#)

Safety First

By Nancy Molina, DC

Marketing Poor Health to Kids

By Editorial Staff

Food Additives

By Christine H. Farlow, DC

Welcome to Boot Camp

By Editorial Staff

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&no_b=true&no_b=true

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)