

[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]



[IMAGE]

[E-mail to a Friend](#) | [Printer Friendly](#) | [PDF](#)

[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](#)

[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

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)