[IMAGE] To Your Healt	th Archives - April, 2009 [IMAGE] a.consent:link { color:#FFF; }
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In This Issue:	April, 2009 (Vol. 03, Issue 04)
Chronic Pain Can Wreck Your Life Antioxidants for Acne Reflux Drugs & Migraines Kids Need Exercise The Life Extender 3 Ways to Lose It Previous Issues Did You Know? Prevent Colon Cancer by Thinking Ant Less Sleep, More Weight Statins Weaken Your Bones Cinnamon, Spice and Everything Nice Turn Off the TV and Tune Into Health	Tea Time By Editorial Staff 3 Strikes for Children's Cold Medicines? By Editorial Staff Foods That Fight Cancer By James Meschino, MS, DC 5 Is for FOCUS By Editorial Staff Don't Forget About Preventing Alzheimer's i-Inflammatory (Diet) By Editorial Staff Joint and Muscle First Aid By K. Jeffrey Miller, DC, DABCO Old-School Fitness By Jeffrey Tucker, DC, DACRB Drugless Pain Solutions By David Seaman, DC, MS, DABCN 3 Ways to Build Muscle By Editorial Staff Spring Into Health Page printed from:
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