

[IMAGE] To Your Health Archives - April, 2009 [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 -

April, 2009 (Vol. 03, Issue 04)

In This Issue:

- [Pain Pills Don't Go Away After Back Surgery](#)

- [Poor Sleep = Migraines](#)

- [Sitting Time and BP](#)

- [The Power of Awe](#)

- [Prevent Childhood Cancer](#)

- [The Sleepless Night Diet](#)

[Tea Time](#)

By Editorial Staff

[3 Strikes for Children's Cold Medicines?](#)

By Editorial Staff

[Foods That Fight Cancer](#)

By James Meschino, MS, DC

[Previous Issues](#)

[5 Is for FOCUS](#)

By Editorial Staff

[Did You Know?](#)

[Don't Forget About Preventing Alzheimer's](#)

- [FDA Cracks Down on Epidural Corticosteroids](#)

By Editorial Staff

- [Another Way to Lose Weight After Pregnancy: The 5:2 Diet](#)

[Joint and Muscle First Aid](#)

- [3 Rules to Improve Your Life](#)

By K. Jeffrey Miller, DC, DABCO

- [Vitamin D for Sleep](#)

[Old-School Fitness](#)

- [Vitamins for Healthy Aging](#)

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:

http://www.toyourhealth.com/mpacms/tyh/issue.php?id=28&no_b=true

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)