

[IMAGE] Current Issue - March, 2007 [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]

In This Issue:

- [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?](#)

- [Getting Through the Five Emotional Stages of Lockdown](#)
- [Can Soda Lead To Pancreatic Cancer?](#)
- [Put It in Writing](#)
- [Exercise for Depression](#)
- [Drink \(Coffee and Tea\) to Better Health](#)

## ***To Your Health Archives -*** **March, 2007 (Vol. 01, Issue 03)**

---

[Staying Active While Aging](#)

By Julie Engebretson

[How To Get A Great Night's Sleep Without Taking Medicine](#)

By Editorial Staff

[The Danger of Drug Reactions & Interactions](#)

By Julie Engebretson

[Nutrition for Older Adults](#)

By Editorial Staff

[Addressing Menopause Naturally](#)

By Jan Roberts

[High-Tech Massage: Good for the Body & Soul](#)

By Dr. Michael Nathanson

[Caring for the Mature Spine](#)

By Gregory B. Sheppard, DC

[Fighting PMS With Sound Nutrition](#)

By Editorial Staff

[Get a Handle on Your Weight](#)

By Editorial Staff

[Aging Well](#)

Page printed from:

[http://www.toyourhealth.com/mpacms/tyh/issue.php?id=3&current=true&no\\_b=true](http://www.toyourhealth.com/mpacms/tyh/issue.php?id=3&current=true&no_b=true)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)