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In This Issue:	September, 2009 (Vol. 03, Issue 09)
 Chronic Pain Can Wreck Your Life Antioxidants for Acne Reflux Drugs & Migraines Kids Need Exercise The Life Extender 3 Ways to Lose It 	Brain Vitamins By Dr. James Meschino Escaping the Ergonomic Danger Zone By Dr. David Ryan The Gluten Effect By Dr. Vikki Petersen
Previous Issues	Healthy Living: The Herbal Connection

Did You Know?

- How to Avoid Fitness Failures
- Cinnamon, Spice and Everything Nice
- Shake-Down on Salt
- Even Toddlers Get Too Much Screen Time
- Exercise: A Life Extender

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Keep Them Safe: Avoiding Youth Sports Injuries

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Take Time to Stretch

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3 Ways to Diet Right

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Other Health Sites

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