

[IMAGE] To Your Health Archives - October, 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]

To Your Health Archives -

[IMAGE]

October, 2009 (Vol. 03, Issue 10)

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](#)

[Playing to Win: Injury Prevention Is the Key](#)

By Alex Guerrero

[Should You Get a Flu Shot?](#)

By Dr. Claudia Anrig

[Minerals Matter](#)

By Dr. Richard Drucker

[Healthy Living in a Hectic World](#)

By Dr. Jeffrey Tucker

[Don't Fill Up on Empty Calories](#)

By Dr. Donald L. Hayes

[TOP 8 Healthy Foods](#)

[Did You Know?](#)

- [Happier Without Smartphones](#)

- [When Weight Gain Works?](#)

- [Rumbly Tumbly: Antibiotics in Infancy Linked to Inflammatory Bowel Disease?](#)

- [Diet Drinks Cause Heart Issues?](#)

- [Potassium Linked to Fewer Strokes in Women](#)

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/issue.php?id=34&no_b=true

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)