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[IMAGE]

To Your Health Archives -

December, 2009 (Vol. 03, Issue 12)

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- [Great for Memory](#)
- [Try Evening Exercise](#)
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Age Is Just a Number

By Drs. Ronald Klatz and Robert Goldman

You Need Your SLEEP

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Enjoy the Ride

By Dr. Ben Benjamin

Snow-Shoveling Safety Tips

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End the Year Right

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- [Cancer Prevention: Watch Your Weight](#)
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- [What's on Your Spa Menu?](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)