[IMAGE] To Your Health Archives - December, 2009 [IMAGE] a.consent:link { color:#FFF; } a.consent:visited { color:#FFF; } a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }

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[IMAGE] [IMAGE] [IMAGE] [IMAGE] [IMAGE] [IMAGE] [IMAGE] E-mail to a Friend | Printer Friendly | PDF [IMAGE] To Your Health Archives -[IMAGE] December, 2009 (Vol. 03, Issue 12) In This Issue: • Pain Pills Don't Go Away After Back Surgery Age Is Just a Number • Poor Sleep = Migraines By Drs. Ronald Klatz and Robert Goldman • Sitting Time and BP You Need Your SLEEP <u>The Power of Awe</u> By Dr. David Ryan Prevent Childhood Cancer It Starts With the CORE • The Sleepless Night Diet By Dr. Jeffrey Tucker Healthy 10-Minute Meals Previous Issues By Dr. Claudia Anrig Did You Know? Enjoy the Ride <u>Keep Your BMI Stable</u> By Dr. Ben Benjamin • Say Hello to Chili Pepper Snow-Shoveling Safety Tips • The Skinny on Juice By Dr. Douglas R. Briggs • Dying the Right Way 3 Ways to Shake the Blues • Can Alcohol Use Up Dementia Risk? End the Year Right Page printed from: http://www.toyourhealth.com/mpacms/tyh/issue.php?id=36&no_b=true

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