[IMAGE] To Your Health Archives - January, 2010 [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]

E-mail to a Friend | Printer Friendly | PDF [IMAGE] To Your Health Archives -[IMAGE] January, 2010 (Vol. 04, Issue 01) In This Issue: <u>Chronic Pain Can Wreck Your Life</u> Chiropractic for Kids: Getting the Word Out <u>Antioxidants for Acne</u> By Dr. Elise Hewitt Reflux Drugs & Migraines Good Oils, Bad Oils <u>Kids Need Exercise</u> By Sara Tiner <u>The Life Extender</u> Addicted to Sugar • <u>3 Ways to Lose It</u> By Clair Whiteman Don't Fear the Weights Previous Issues By Dr. Perry Nickelston Did You Know? New Year, New You • Finding the Right Fit By Editorial Staff <u>The Redemption of Sugar</u> Headache Hassles <u>Coffee Reduces Arrhythmia Risk?</u> By Dr. Kevin Wong <u>No Better Time to Exercise Than Now</u> Laughter Is the Best Medicine • 4 Tips to Help Raise a Healthy Child 3 Steps to Better Health Healthy Beginnings Page printed from: http://www.toyourhealth.com/mpacms/tyh/issue.php?id=37&no_b=true&n

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