

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

[IMAGE]

To Your Health Archives - **March, 2010 (Vol. 04, Issue 03)**

In This Issue:

- [Chronic Pain Can Wreck Your Life](#)
- [Antioxidants for Acne](#)
- [Reflux Drugs & Migraines](#)
- [Kids Need Exercise](#)
- [The Life Extender](#)
- [3 Ways to Lose It](#)

[Previous Issues](#)

[Did You Know?](#)

- [Take the Burpee Challenge](#)
- [Masters Winner Thanks His Chiropractor After Historic Win](#)
- [Knee Osteoarthritis: Steroid Injections Aren't the Answer](#)
- [OMG! Too Much Social Networking and Texting Could Be Dangerous](#)
- [Don't Let the Holidays Wreck You](#)

[Pregnancy Do's and Don'ts](#)

By Dr. Claudia Anrig

[Keep Your Immune System Working Right](#)

By Dr. David Seaman

[The 20-Minute Workout](#)

By Dr. Jeffrey Tucker

[7 Supplements That Interact With Lipitor](#)

By Drs. Todd Mexico and Brandon Blood

[Dealing With a Pain in the Neck](#)

By Dr. Jasper Sidhu

[The Power of Protein](#)

By Dr. Donald L. Hayes

[Shouldering Too Heavy a Load](#)

By Editorial Staff

[3 Ways to Fight Aging](#)

By Editorial Staff

[A Healthy Now](#)

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/issue.php?id=39&no_b=true&no_b=true&no_b=true

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)