

[IMAGE] Current Issue - April, 2007 [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]



[IMAGE]

[IMAGE]

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?](#)

- [Healthy Eating \(When Eating Out\)](#)
- [De-Stress with Tai Chi](#)
- [Too Much Screen Time!](#)
- [Eating: Do Not Disturb](#)
- [Solving the Cellphone Addiction: Recognition Is Step #1](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

To Your Health Archives - **April, 2007 (Vol. 01, Issue 04)**

[Secrets to Staying Healthy](#)

By Editorial Staff

[All Car Seats Are Not Created Equal](#)

By Arthur Croft, DC, MSC, MPH

[Cholesterol: Know the Facts](#)

By Peter W. Crownfield

[In Shape for Life](#)

By Meghan Vivo

[Nutrition for Athletes](#)

By Michael Dobbins, DC

[It All Starts With Your Feet](#)

By Brian Jensen, DC

[8 Ways to Reduce Workplace Stress](#)

By Editorial Staff

[The Power of Positive Thinking](#)

By Editorial Staff

[Another Reason to Avoid Trans Fats](#)

By Editorial Staff

[Shaping Up](#)

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/issue.php?id=4¤t=true&no_b=true&no_b=true&no_b=true