

[IMAGE] To Your Health Archives - May, 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]

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[IMAGE] [IMAGE]

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[IMAGE]

[IMAGE]

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[IMAGE]

[IMAGE]

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- [Antioxidants for Acne](#)
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- [The Life Extender](#)
- [3 Ways to Lose It](#)

[Previous Issues](#)

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- [No Better Time to Exercise Than Now](#)
- [3 Ways to Lose It](#)
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## ***To Your Health Archives -***

### **May, 2010 (Vol. 04, Issue 05)**

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#### The Basics of Balance

By Dr. Brian Jensen

#### Self-Care for Back Pain: Exercises to Help the Healing Process

By Marc Heller, DC

#### The Smarter Approach to Achieving Your Goals

By David Kent

#### Common Exercise Mistakes

By Chelsea Cooper, MPA, CPT

#### The S.A.D. Truth About Weight Gain

By Dr. Donald L. Hayes

#### Six Steps to a Healthier You

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#### Nutrition for Autism

By Dr. Jared M. Skowron

#### 3 Ways to Increase Energy

By Editorial Staff

#### Health in Action

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