## [IMAGE] To Your Health Archives - October, 2012 [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] October, 2012 (Vol. 06, Issue 10) In This Issue: Pain Pills Don't Go Away After Back Surgery Treating and Preventing Overused Muscles/Joints • <u>Poor Sleep = Migraines</u> By Perry Nickelston, DC, FMS, SFMA • Sitting Time and BP Three Ways To Avoid Breast Cancer • The Power of Awe Sugary Drinks and Obesity: The Link Prevent Childhood Cancer How to Reduce Your Diabetes Risk Naturally • The Sleepless Night Diet By James P. Meschino, DC, MS Pain Relief Gone Bad: Tainted Medication Previous Issues By Editorial Staff Did You Know? Are Parents Ignoring Concussion Risks? • Laugh a Little - It's Good for Your Brain By Editorial Staff • Smell Improves Memory? Less Stress in 3 Easy Steps • Fasting: Good for the Heart By Editorial Staff • Dealing With a Tot With TOTS (Tethered Oral Tissues) More Exercise = Better Grades? Medication Overload By Editorial Staff Time to Take a Stand Against Work-Related Foot Problems By Mark Charrette, DC Cut Carbs to Cut Your Risk of Cognitive Decline? By Editorial Staff Page printed from: http://www.toyourhealth.com/mpacms/tyh/issue.php?id=68&no\_b=true Other Health Sites Chiroweb.com Dynamicchiropractic.com

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