

[IMAGE] Current Issue - August, 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]

[E-mail to a Friend](#) | [Printer Friendly](#) | [PDF](#)

[IMAGE]

To Your Health Archives -

August, 2007 (Vol. 01, Issue 08)

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](#)

[Chiropractic for Growing Bodies](#)

By Kevin M. Wong, DC

[Kick the Caffeine Habit](#)

By Peter Bils

[The Quest for Health](#)

By Editorial Staff

[Choosing the Right Multivitamin for Your Children](#)

By Dr. Richard Drucker

[Herbs for Wellness](#)

By Laura Stropes, MS, LAc

[A Total-Body Workout In 5 Easy Steps](#)

By Chelsea Cooper

[All in the Family](#)

By Kathryn Feather

[No Time Like the Present](#)

By Editorial Staff

[Ditch the Pinch](#)

By Editorial Staff

[Back to School](#)

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/issue.php?id=8¤t=true&no_b=true&no_b=true&no_b=true

Previous Issues

[Did You Know?](#)

- [Want to Constrict Your Blood Vessels? Grab an Energy Drink](#)
- [Video Games Help the Brain](#)
- [Our Salt Intake Could Kill Us](#)
- [Depressed by Poor Fitness](#)
- [Stop Parkinson's in Its Tracks](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)