

[IMAGE] Current Issue - January, 2014 [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]

In This Issue:

- [Older Men Need Chiropractic](#)
- [Great for Memory](#)
- [Try Evening Exercise](#)
- [Not Enough Nutrients?](#)
- [Is Your Child's Depression Being Caused by Poor Sleep?](#)
- [Your Best You](#)

To Your Health Archives -

January, 2014 (Vol. 08, Issue 01)

[Keep Happy in the Winter: How to Avoid Seasonal Depression](#)

By Julie T. Chen, MD

[Eating Healthy on the Go](#)

By Julie T. Chen, MD

[The Science of Happiness](#)

By Bill Reddy, LAc, Dipl. Ac.

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- [Never Too Young to Start Living Healthy](#)
- [Five Great Post-Workout Foods](#)
- [When Drug Companies Decide Not to Warn You](#)
- [3 Ways to Live Longer](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)