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[IMAGE]		
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To Your Health Archives -January, 2014 (Vol. 08, Issue 01)

In This Issue:

• Best for Spinal Pain

• Keep Your BMI Stable

• Chiropractic = Less Surgery

• Walk Faster, Age Slower

• The Power of Herbs & Spices

• Too Little Talking

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• Teach Your Children About Heart Health

Marketing Poor Health to Kids

• Your Brain Needs a Pet

• 3 Tips to Help Tip the Scales (in the Right Direction)

The Smart Way to Avoid Excess Weight Gain During Pregnancy

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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Berries for Blood Pressure

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