[IMAGE] To Your Health Archives - January, 2015 [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]

E-mail to a Friend | Printer Friendly | PDF [IMAGE] To Your Health Archives -[IMAGE] January, 2015 (Vol. 09, Issue 01) In This Issue: <u>Chronic Pain Can Wreck Your Life</u> Exercise Now, Reduce Fracture Risk Later <u>Antioxidants for Acne</u> By Editorial Staff <u>Reflux Drugs & Migraines</u> Plastic Takes a Toll on Your IQ <u>Kids Need Exercise</u> By Editorial Staff <u>The Life Extender</u> Fight Colorectal Cancer With Folic Acid • 3 Ways to Lose It By James P. Meschino, DC, MS How to Keep Your Health Resolutions in 2015 (Not Just Through January) Previous Issues By Editorial Staff Did You Know? 3 Easy Ways to Eat More Vegetables <u>Safety First</u> By Julie T. Chen, MD <u>Resist Anxiety With Exercise</u> Cell Health: An Interview With Dr. Greg Barsten (Part 2 of 2) Age of Diabetes Onset Linked to Dementia Risk By G. Douglas Andersen, DC, DACBSP, CCN Smart Kids Are You an Engaged Parent? <u>Stressed? Five Ways To Manage It Before it Affects Your Health</u> By Claudia Anrig, DC Start the Year With an Energy Boost By Editorial Staff Routine Pelvic Exams: Not So Fast By Editorial Staff Winter Workout: Heat Things Up By Editorial Staff Page printed from: Other Health Sites $http://www.toyourhealth.com/mpacms/tyh/issue.php?id=95\&no_b=true@no_b=true"no_b=true$ Chiroweb.com Dynamicchiropractic.com Chirofind.com Acupuncturetoday.com