[IMAGE] Sports & Fitness	>> Exercise [IMAGE] a.consent:link { color:#FFF; } a.consent:visited {
color:#FFF; } a.consent:hove	er { color:#a2a2a2; } a.consent:active { color:#FFF; }
	Contact Us Help
[IMAGE]	
[IMAGE]	
[IMAGE] [IMAGE]	
[IMAGE] [IMAGE]	[IMAGE]
	E-mail to a Friend Printer Friendly PDF
[IMAGE]	Sports & Fitness >> Exercise
[IMAGE]	Sports & Fitness >> Exercise
In This Issue: Pain Pills Don't Go Away After Back	Old-School Fitness Surgery3 Ways to Build Muscle
• Poor Sleep = Migraines	Start Them Off Right
Sitting Time and BP	By Perry Nickelston, DC
• The Power of Awe	Winning Without Weights
Prevent Childhood Cancer	By Jeffrey Tucker, DC
The Sleepless Night Diet	
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Prevent Colon Cancer by Thinking Ar	tti-Inflammatory (Diet)
Prevent Cancer With Cardio	
A Surprising Contributor to High Cho	<u>lesterol</u>

Other Health Sites

Chiroweb.com

 $\underline{Dynamic chiropractic.com}$

Chirofind.com

Acupuncturetoday.com