[IMAGE] Nutrition and Herbs >> Minerals [IMAGE] a.consent:link { color:#FFF; } a.consent:visited { color:#FFF; } a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }

[IMAGE]

[IMAGE]

[IMAGE] [IMAGE]

[IMAGE] [IMAGE]
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[IMAGE]

Nutrition and Herbs >> Minerals

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

Magnesium Helps Prevent Bone Breakdown

Reduce Sodium Intake, Reduce Heart Disease

Zinc: An Important Mineral for Children and Adults

The Power of IRON

Zinc Relieves Cold Symptoms

Strike While the Iron Is Hot

Previous Issues

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Did You Know?

- Why Too Much Screen Time Is Bad for Your Young Child’s Brain
- E-Cigs: Bad for Your Heart?
- Iron Protects Your Heart
- Heart-Healthy Antioxidants
- Get Fit for Life in 2017

Other Health Sites

Chiroweb.com

Dynamicchiropractic.com

Chirofind.com

Acupuncturetoday.com