

[IMAGE] 2013 To Your Health Archives [IMAGE] a.consent:link { color:#FFF; } a.consent:visited { color:#FFF; } a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }

[Contact Us](#) [Help](#)

[IMAGE]

[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]



[IMAGE]

## 2013 To Your Health Archives

[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](#)

- [December, 2013 \(Vol. 07, Issue 12\)](#)
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### Previous Issues

Did You Know?

- [Vitamin K for the Bones](#)
- [Home Safety: Help Families Avoid Common Injury Hazards at Home](#)
- [Does Poor Sleep Impact Grades as Much as Alcohol or Drugs?](#)
- [Self-Control Keeps You Young](#)
- [Stressed? Five Ways To Manage It Before it Affects Your Health](#)

### Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

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