[IMAGE] 2019 To Your Health Archives [IMAGE] a.consent:l	ink { 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]

# In This Issue:

- Chronic Pain Can Wreck Your Life
- Antioxidants for Acne
- Reflux Drugs & Migraines
- Kids Need Exercise
- The Life Extender
- 3 Ways to Lose It

### Previous Issues

# Did You Know?

- Eat to Live Longer
- It's OK to Eat Eggs
- De-Stress At Your Desk
- Low Iodine = Low Fertility
- Nuts About Almond Butter

# 2019 To Your Health Archives

- December, 2019 (Vol. 13, Issue 12)
- November, 2019 (Vol. 13, Issue 11)
- October, 2019 (Vol. 13, Issue 10)
- September, 2019 (Vol. 13, Issue 09)
- August, 2019 (Vol. 13, Issue 08)
- July, 2019 (Vol. 13, Issue 07)
- June, 2019 (Vol. 13, Issue 06)
- May, 2019 (Vol. 13, Issue 05)
- April, 2019 (Vol. 13, Issue 04)
- March, 2019 (Vol. 13, Issue 03)
- February, 2019 (Vol. 13, Issue 02)
- January, 2019 (Vol. 13, Issue 01)

Other Health Sites

<u>Chiroweb.com</u>

<u>Dynamicchiropractic.com</u>

<u>Chirofind.com</u>

<u>Acupuncturetoday.com</u>

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http://www.toyourhealth.com/mpacms/tyh/year.php?year=2019&no\_b=true&no\_b=true&no\_b=true