

[IMAGE] To Your Health is the leading source of alternative health news and wellness education information serving holistic minded patients [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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## Acupuncture Today To Your Health Update Your E-mail

A free newsletter designed to help you live a healthier, happier life.

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](#)

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### Previous Issues

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- [3 Ways to Shake the Blues](#)
- [Stay Active After a Heart Attack](#)
- [Try Fish Oil Instead of Drugs](#)
- [Infants and Antibiotics: Why It's a Bad Combination](#)
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