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[IMAGE]

[IMAGE]

[IMAGE] [IMAGE]

[IMAGE] [IMAGE]
[IMAGE]

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[IMAGE]

[IMAGE]

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

Previous Issues

Did You Know?

- Five Strength Training Tips for Women
- The Cost of Obesity
- Fat But Fit?
- Keep Your BMI Stable
- Time to Step It Up

Other Health Sites
Chiroweb.com
Dynamicchiropractic.com
Chirofind.com
Acupuncturetoday.com

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