

[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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[IMAGE]

[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]

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[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?](#)

- [Parenting Do's and Don'ts](#)
- [A Path Out of the Opioid Epidemic](#)
- [Find Your Balance](#)
- [When Weight Gain Works?](#)
- [Less Sleep, More Weight](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

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