

[IMAGE] Educating and Informing Chiropractic Patients [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]

[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](#)

[Previous Issues](#)

[Did You Know?](#)

- [No Bones About It: Girls Benefit From Weight Training](#)
- [3 Ways to Keep Your Skin Healthy](#)
- [Another Reason to Avoid Trans Fats](#)
- [Parenting Do's and Don'ts](#)
- [Early Antibiotic Use Linked to Asthma](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

Older Men Need Chiropractic

[Older Men Need Chiropractic - Copyright © Stock Photo / Register Mark](#)

Stressful life events are all-too-common with advancing age, whether the loss of a spouse, financial issues, health problems or something else. One consequence: low back pain. A new study reinforces this connection in older men, emphasizing the value of chiropractic care. Senior men reported stressful life events and/or low back pain within the prior 12...

[Read More](#)

Great for Memory

[Great for Memory - Copyright © Stock Photo / Register Mark](#)

Imagine struggling with memory -- not remembering the best moments in your life; the ones that happened yesterday or the ones that took place 20 years ago. One way to help preserve memory appears to be by avoiding the Western diet as much as possible, because memory deficits can occur in response to the Western diet even when we're young.

[Read More](#)

Try Evening Exercise

[Try Evening Exercise - Copyright © Stock Photo / Register Mark](#)

While finding time to exercise can be challenging, depending on your work schedule and family responsibilities, if you're struggling to lose weight, working out in the evening might be the most effective way to improve your health, suggests research. Obese adults whose aerobic physical activity (the moderate to vigorous variety) is primarily achieved in...

[Read More](#)

Not Enough Nutrients?

Proton-Pump Inhibitors: Impact on Nutrient Absorption and How to Address Deficiencies

[Not Enough Nutrients? - Copyright © Stock Photo / Register Mark](#)

By Dr. Jason Strotheide

PPIs are a type of medication that function by targeting and inhibiting the stomach's acid-producing proton pumps, thereby reducing gastric acidity. This decrease in stomach acid can compromise the absorption of key nutrients, leading to deficiencies that could impact health if left unaddressed. The absorption of essential nutrients like vitamin B₁₂...

[Read More](#)

Is Your Child's Depression Being

Caused by Poor Sleep?

Any of a host of reasons can be the culprit when your child displays symptoms of depression, many of which involve social interaction and self-esteem: weight, perceived appearance, peer problems / bullying, etc. That's not the exhaustive list, of course; just the most common; less common (although still far too prevalent) reasons include being a victim of...

[Read More](#)

Your Best You

What's your best you? If you don't know the answer, you should start thinking about it. If you already think you know, keep motivating yourself to achieve that best you every day -- while recognizing that the journey holds the real value. After all, your best you is the you of today, working toward the better you of tomorrow, and so on.

[Read More](#)

Page printed from:

http://www.toyourhealth.com/impacms/tyh/home.php?no_b=true