

to your
Health

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Back & Neck Pain Relief

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To: Patient

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FEATURED



It's Time to Spring Into Health

March 20th marked the spring equinox – the astronomical start of spring. While that may not mean the common signs of spring (warmer temperatures, clear skies, blooming flowers, etc.) are evident in your part of the world yet, this is a great time to start pursuing what we like to call "spring" activities in support of your yearlong health and wellness. Here are a few suggestions to get you started.

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POPULAR

- [A Major Pain in the Neck](#) - What You Can Do About Whiplash
- [Give Your Body What It Needs](#) - 3 Great Ways to Build Muscle
- [The Basics of Balance](#) - Why It Matters and What You Can Do
- [No Bones About It](#) - Acid Suppressants Linked to Fractures



Sugary Drinks Increase Risk of Early Death?

Sodas, sports drinks and other sugar-sweetened beverages can satisfy a sweet tooth and refresh (at least temporarily) on a summer day. But are those good enough reasons to risk your life? According to recent research, heavy daily intake of sugar-sweetened beverages increases the risk of early death.

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Are You Ready? Take the Burpee Challenge

A burpee is a multi-step exercise that essentially combines a squat, a plank and a push-up, working muscles in the upper and lower body at the same time. What's more, because the exercise involves continuous movement, it provides a heart-healthy workout that can't be beat. Here's how to do it.

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Blueberries: Berry Good for Your Heart

Blueberries don't just taste great; they're great for your heart. With heart disease currently the No. 1 cause of death in the U.S., it's gratifying to know doing something as simple as eating a fruit could reduce your risk. Here's why blueberries are one of the best fruits you can eat for heart health.

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DID YOU KNOW?



Diabetes, Back and Neck Pain

Does diabetes cause back (and neck) pain? Diabetics certainly seem to suffer pain more often than non-diabetics.

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Heart Health for Seniors: Get Moving

It only takes light activity for elderly women to reduce their risk of heart problems, suggests new research.

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