



FEATURED

Healthy Mother = Healthy Baby: What to Know *Before* Getting Pregnant

Deciding to have a baby is one of the most important decisions a woman will ever make. But how many women are really prepared for a healthy pregnancy? Lifestyle choices that expose them to chemicals, stress and poor nutrition may negatively affect their ability to become pregnant and/or prenatal outcomes. Here are some of the key considerations to discuss with your health care provider *before* deciding to become pregnant.

[Read More »](#)



POPULAR

- [Stress and Back Pain](#) - How Chronic Stress Sets the Stage for Chronic Pain
- [Planting Seeds of Health](#) - How to Help Your Child Avoid Growing Up Overweight
- [Healthy Recipe Makeovers](#) - Simple Substitutions to Health Up Your Favorite Treats
- [The Purple Pill Myth](#) - Try Natural Solutions Instead of Acid-Reducing Medications

HEALTH NEWS

fitness



Beat High Blood Pressure With Yoga

If you've been told by your doctor that you need to lower your blood pressure, yoga might be the answer, suggests a new study. According to the study, people with

wellness



Sleep Deprived: What Insomnia Could Mean

Sleep is essential for your body to heal ... so what happens if you can't fall asleep or have trouble maintaining sleep? The health risks associated with insomnia are many;

nutrition



Protein & Weight Loss: What's the Connection?

How much protein should you consume to help lose weight? The amount of protein a dieter should eat is the level that reduces the most body fat and least muscle in a

mild to moderate hypertension who practiced yoga regularly reduced their blood pressure significantly.

[Read More »](#)

learn why not getting the recommended eight hours of snoozing could put you in danger.

[Read More »](#)

way that best moderates the degree of hunger. This number depends on age, sex, genetics, activity, sleep, stress and more.

[Read More »](#)

DID YOU KNOW?

 senior health

Dealing With Menopause

Menopause is a normal part of aging, but that doesn't mean it's a breeze. Fortunately, there are simple solutions to help women transition through this period of their lives with a little less discomfort.

[Read More »](#)

 supplements

Fishing for Fish Oil

How many times a week do you eat fish? Fish oil supplementation is an easy way to get some of the health benefits associated with fish consumption; but what should you look for in a supplement?

[Read More »](#)

This issue features a number of articles you will want to share with your family, friends and co-workers. Please feel free to forward this newsletter to them via e-mail.

UNSUBSCRIBE

Thank you for subscribing to *To Your Health*. If you have received this newsletter in error or wish to **unsubscribe**, you may remove your name from our e-mail subscription list [here](#).

UPDATE YOUR E-MAIL ADDRESS

You may update the e-mail address your newsletter is sent to [here](#).

If you have any questions regarding your subscription, please complete this form at www.toyourhealth.com/newsletterhelp/TYH.

[Not a subscriber?](#) | [Forward to a Friend](#) | [Unsubscribe](#) | [Update e-mail address](#) | [Archives](#)
[Did You Know?](#) | [Health Poll](#) | [In This Issue](#) | [To Your Health Newsletter](#) | [Previous Issues](#) | [Subscribe TYH](#) | [Help](#)

[Home](#) | [Contact Us](#)

Other MPA Media Sites:

[MassageToday](#) | [ChiroWeb](#) | [DynamicChiropractic](#) | [DynamicChiropractic Canada](#) | [AcupunctureToday](#)
[ChiropracticResearchReview](#) | [SpaTherapy](#) | [NutritionalWellness](#) | [NaturopathyDigest](#)



Policies:

[Privacy Policy](#) | [User Agreement](#)

All Rights Reserved, To Your Health, 2012.

The information provided is for general interest only and should not be misconstrued as a diagnosis, prognosis or treatment recommendation. This information does not in any way constitute the practice of chiropractic, acupuncture, massage therapy, medicine, or any other health care profession. Readers are directed to consult their health care provider regarding their specific health situation. MPA Media is not liable for any action taken by a reader based upon this information.