

Your Health at Garner Chiropractic

Factual, Practical Insights to Make Your Life Healthier

Topic: ARTHRITIS:

HOW TO AVOID IT AND HOW TO CONTROL THE PAIN

- * Important Daily Stretches
- * Exercises
- * Nutritional Considerations
- * Rheumatoid V. Osteoarthritis
- * Degenerative Joint Disease
- * Actions to Avoid

Topic: SIX ESSENTIALS OF GOOD HEALTH

- * Plan for Better Health
- * Daily Actions for Health
- * Save \$\$ and be Healthier
- * How to Avoid Costly Medications
- * Learn Necessary Good Habits
- * Live Longer

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