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*Pain in the Neck? Try Acupuncture

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*Off the Beaten Path

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*All Bent Out of Shape: Yoga for Lower Back Pain

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*Healing The Hurt: Acupuncture for Tennis Elbow

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*Education is A Trip!

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* The Risk of Vitamin D Deficiency

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*Me? Take a Cruise?

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*Sun Sets on Bali of Old

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* Manipulation for Asthma

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*Vacationing with Kids Helps Family Reconnect

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*Ginseng: The Imperial Herb

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*A Swing Through Mazatlan

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*Omega 3 Fatty Acids: Are they Beneficial

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*Problems with Herbs

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*Tea Tree Oil

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*Volcanic Delights Abound in Magical Hawaii

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*Letting Nature Do the Healing

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*Go Away Just For The Health of It: Interview

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*Go Away Just For The Health of It: Interview

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*Mindful Based Stress Reduction: Meditating on the Benefits

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*Job Security Fears Cut Into Vacation Time: Survey

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*Preventing AMD: Using Vitamins, Minerals and Lutein

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*Dr. Mel Borins Interview on Stress and Anxiety

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*Poking Around: Acupuncture for OAK

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*Glucosamine: An Osteoarthritis Alternative

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*Letter from Mexico

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*Back to Sri Lanka

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*Travel Can Help Mend a Fractured World

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*Acupuncture for Nausea and Vomiting

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*A Timeshare May Be Just What the Doctor Ordered

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*Alternatives for Depression: Does Exercise Work?

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*Peak Experiences

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*Alternatives for Post-Traumatic Stress Disorder

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*Antibiotic Resistance and AECB

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*Americans Shortchanging Themselves

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*Traveler Heal Thyself

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*Break Away From Work: the Restorative Value of Effective Vacationing

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*Alternatives for Menopausal Symptoms

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*Overworked Ready for a Break

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*Vacation Deprivation

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*Vacations are Good for All, So Take Them

By Michael Kinsman

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*Forget Your Troubles: It’s Good For Your Well-being

By Susan J. Landers

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*38% of Working Canadians Don’t Use Up Holidays

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*Take off and Turn it Off

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*Vacation Time

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*Working Hard but Playing Less

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*Staying in Touch on Vacation

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*Take Charge of Your Health

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*Going on Vacation can Save your Life

By Barbara Hollingsworth
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*Go Away – Just for the Health of It!

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*Time Away from Work Gives Americans a Kick in the Career

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* Early Show
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*Risky Hires may Regret this Search

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*Doctor’s Orders: Take a Longer Vacation

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*Update on Homeopathy

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*The Beach Less Travelled

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* Complementary Medicine: What You Should Know

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*The Road to Health

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*Homeopathy in Medicine: Is there an Alternative

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*Are You Suffering From a Laugh Deficiency Disorder?

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*You Could be Dying for a Vacation

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*Our Best Medical Advice

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*Cutting Work is Good for You and Skipping Can Kill You

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*You Asked Us

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*Holidays Sometimes the Best Medicine Researcher says

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*Traditional Mexico

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*Here’s Another Reason to Take a Break and Recharge

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*The Benefits of Retreat

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*Go Away Doc!

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*FPs Needed to Help Save Psychotherapy

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*Laughter Matters

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*Here’s Proof Laughter is the Best Medicine

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*Holistic Medicine – It’s Wholly Realistic says Dr. Siegel

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*Dealing with Those Emotional Problems Behind Physical Complaints

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*New Poems

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*Healing Through the Eyes of Traditional Cultures

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*Traditional Healing on an Island Paradise

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*Holistic Medicine in Family Practice

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*Book Review: An Apple A Day

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*Review: An Apple a Day, A Holistic Health Primer

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*Australian Doctor Dedicates Life to Healing

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*Orthapedics: A Medicine Dating to Hypocrates

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