

# HealthyRockford.com

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## Health Buzz

How much do you pay for health insurance each week? Or do you have to go without? [Take our poll](#)

**4.75%<sup>APY</sup> WOW! Money Market plus**  
with accompanying WOW! Checking Account



Top Story Top Videos Top Photo Galleries



### Can't sleep? Get wired in the quest for rest

I consider myself a bad sleeper. Falling asleep isn't the problem. As a working mother with two kids, I usually can't get to bed early enough. But the staying asleep part is where it gets difficult. Sometime in the middle of the night, I awake, ready to start my day ...

📄 (1) 🖼️ (8) 📺 (1) POST A COMMENT (16)

➕ Contribute 📄 Submit a story or tip 🖼️ Submit a photo 📺 Submit a video 📅 Submit an event

## Our experts

Today's topic: Pain in the neck

Chiropractics is always a topic of hot debate. But a study released today by the World Health Organization shows that chiropractic care is more beneficial than ...



All experts ↔ Next expert

### Resources

- Topics A-Z: Disease and condition information from Harvard Medical School
- Drugs A-Z: What you need to know
- Ratings: How does my doctor/health system/nursing home stack up?
- Volunteer: How you can help
- Other sites: Links to useful Web sites

### Careers

- Job openings: Right now, we have 54 listings for health care positions in the Rock River Valley. [Click here.](#)
- Post your resume: [Click here.](#)
- Education/training: If you're looking to get into the field, interested in ongoing education or hoping to get promoted in the field. [Click here.](#)

### Health people



Christina McNinch

The Machesney Park resident attended the 12th annual Convention for Curves in November in Orlando. She represented franchise owners Mark and Patricia Southern, who received the silver award for the North Central region, honoring them among the best owners and managers.

What do you do at Curves? I'm the assistant general manager and marketing coordinator for the Rockford, Roscoe and ...

↔ More Health people

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### Local health news

- Auburn grad finds genetic link to autism
- Nurse tells tale from the trenches
- Walkout on hold at medical school
- Hospital plans May groundbreaking

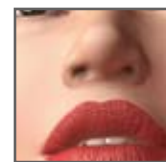
[More headlines](#)

### Nation and world news

- If you're sad, you really spend more
- Prenatal testing for Down Syndrome up
- Family Leave Act changes proposed
- Some elderly misled by Medicare pitches

[More headlines](#)

## Healthy living



### Botox and buttocks

You can tackle problem areas on your body in 10 minutes or less. You just have to give it a shot.

### New age of eldercare

Many baby boomers are taking care of their parents or exploring where they'll go after they retire. The good news? You have choices.

### Snacking on the job

Low-cal snacks and "the office" do not have to be mutually exclusive. Somebody, hide the candy dish!

### Going the distance

If weight gain isn't enough to motivate you to exercise, then maybe you need to sign up for a charity race.

### For women



#### Check those food labels

A new seal will soon make it easier to spot some grocery products fortified with folic acid -- a B vitamin needed for a healthy pregnancy. The seal's appearance on packages of bread, pasta and other foods ...

[More](#)

### For men



#### Yes, you have to go

If you're tired of your wife or mom nagging you to go to the doctor, then you have three options. 1. You can let her make the appointment for you. 2. You can make the dang appointment yourself. 3. Or you can expect ...

[More](#)

### For kids and teens



#### No cold meds? Now what?

The warnings about children's cold medicine keep getting more strident. Case in point: A study estimated that 7,000 children under 12 are brought to the ER annually after a serious side effect or overdose. But ...

[More](#)

## Health directory

Find a ...

Last name

City  ZIP

Specialty

Health system

### Doctors by last name

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

### Featured physician



#### James R. Davies M.S.W., L.C.S.W. (IND)

Behavioral Medicine  
Individual, Marital and Family Therapy; Adolescent & Childhood Adjustment Issues; Parenting Skills; Personal Growth

Website: [crossroadstoday.com](http://crossroadstoday.com)

Crossroads Today: 5906 Elaine Drive, Rockford, IL 61108

Phone: (815) 394-1556

Education: University of Illinois

Residency: Christ Hospital, Oak Lawn, IL

Years in practice: 15

↔ More doctors

## Calendar

- Mammogram Mondays at Northpointe
- Rockford Health Council monthly meeting
- YMCA blood drive
- Restorative Yoga class

[More events](#)

← March →

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

### Do this now

- Happy heart month: Here are five things you can do to improve your heart health.

# HealthyRockford.com

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