

[IMAGE] Health Poll Archives 2009 [IMAGE] a.consent:link { color:#FFF; } a.consent:visited { color:#FFF; } a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }

[Contact Us](#) [Help](#)

[IMAGE]

[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]



[IMAGE]

Health Poll Archives – 2009

[IMAGE]

In This Issue:

- [Chronic Pain Can Wreck Your Life](#)
- [Antioxidants for Acne](#)
- [Reflux Drugs & Migraines](#)
- [Kids Need Exercise](#)
- [The Life Extender](#)
- [3 Ways to Lose It](#)

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[Did You Know?](#)

- [Why Too Much Screen Time Is Bad for Your Young Child's Brain](#)
- [Self-Control Keeps You Young](#)
- [3 Ways to Stick With It](#)
- [Stress Less to Keep Your Blood Sugar in Line](#)
- [Vitamin D for the Pancreas](#)

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December

[When it comes to buying food, do you feel you are making educated choices with respect to nutritional content/etc.?](#)

November

[Are you concerned that your current diet will negatively impact your lifespan?](#)

October

[Do you usually gain weight over the holidays?](#)

September

[In general, do you work out alone or with someone else?](#)

August

[Have you ever fasted \(water only\), and if so, for how long?](#)

July

[How often do you eat red meat?](#)

June

[Are you ready for your summer swimsuit?](#)

May

[Do you avoid foods that contain high-fructose corn syrup?](#)

April

[How often do you eat meatless or dairy-free versions of common foods \(veggie burgers, soy milk, etc.\)?](#)

March

[If you resolved to eat better or exercise more in 2009, how are you doing?](#)

February

[On average, how often do you eat fast food?](#)

January

[In general, do you check nutrition/ingredient labels when shopping?](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

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http://www.toyourhealth.com/health_poll/09archives/index.php?no_b=true