

[IMAGE] Health Poll Archives 2010 [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]

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[IMAGE]



[IMAGE]

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Health Poll Archives – 2010

[2024](#) | [2023](#) | [2022](#) | [2021](#) | [2020](#) | [2019](#) | [2018](#) | [2017](#) | [2016](#) | [2015](#) | [2015](#) |
[2014](#) | [2013](#) | [2012](#) | [2011](#) | [2010](#) | [2009](#) | [2008](#) | [2007](#)

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](#)

Previous Issues

[Did You Know?](#)

- [Exercise Your Mind](#)
- [Forecast for Smokers: Gloom and Doom](#)
- [Not So Young at Heart?](#)
- [A Surprising Contributor to High Cholesterol](#)
- [A Better Heart = A Better Brain](#)

December

[What is your primary form of cardio?](#)

November

[Over the holidays, do you generally exercise more or less frequently than the rest of the year?](#)

October

[Have you ever purchased an exercise tool \(equipment, video, etc.\) you saw advertised on TV?](#)

September

[Are you comfortable with your current weight?](#)

August

[Do you talk to your primary care physician about nutrition?](#)

July

[Have you ever tried a diet system \(Jenny Craig, Nutrisystem, Atkins, etc.\)?](#)

June

[How frequently do you purchase items containing partially hydrogenated oil?](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

May

[When was the last time you had your cholesterol checked?](#)

April

[From a health perspective, which do you generally consider more healthy: fat-free processed foods or sugar-free processed foods?](#)

March

[Which of the following generally characterizes your relationship with vegetables?](#)

January - February

[How often do you eat "out" \(fast food, restaurant, delivery\)?](#)

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