

[IMAGE] Health Poll Archives 2011 [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]

[IMAGE]

Health Poll Archives – 2011

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](#)

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

September/October/November/December

[Do you generally gain weight over the holidays \(Nov-Dec\)?](#)

June/July/August

[How many times do you eat in an average day \(snacks included\)?](#)

[Previous Issues](#)

May

[Did You Know?](#)

[With summer approaching, do you find yourself more motivated to get in shape?](#)

- [The Dangerous Trend in Texting](#)
- [3 Tips for a Stress-Free Family Home](#)
- [Support Yourself From the Ground Up](#)
- [Aerobics During Pregnancy Benefits Baby](#)
- [Fractures and Medication Use: A Vicious Cycle](#)

April

[Do you weight train, use resistance equipment or do cardio \(bike, elliptical, etc.\) only?](#)

February/March

[Which do you rely on most as part of your personal health and wellness routine?](#)

January

[If you could only resolve to do one of the following in 2011, which would you choose?](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

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http://www.toyourhealth.com/health_poll/11archives/index.php?no_b=true