

[IMAGE] Health Poll Archives 2012 [IMAGE] a.consent:link { color:#FFF; } a.consent:visited { color:#FFF; } a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }

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[IMAGE]

[IMAGE]

[IMAGE] [IMAGE]

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[IMAGE]



[IMAGE]

Health Poll Archives – 2012

[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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- [Another Danger of Obesity During Pregnancy](#)
- [An Important Topic of Conversation: Healthy Food](#)
- [Tea Time](#)
- [The Skin Alphabet: Recognize the Signs of Skin Cancer](#)
- [No Better Time to Exercise Than Now](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

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December

[What is your top health goal for 2013?](#)

November

[Do you take a daily Omega supplement?](#)

October

[Do you incorporate fiber in your daily meals?](#)

September

[Do you exercise the recommended 3 times a week?](#)

August

[Do you take a daily multivitamin?](#)

July

[Have you ever tried a detox?](#)

June

[What will you do to get in shape for summer?](#)

May

[What do you do on a daily basis to increase energy?](#)

April

[How often do you read the labels on food packaging?](#)

January/February/March

[What new healthy habits are you working on?](#)

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