

[IMAGE] Health Poll - February 2013 [IMAGE] a.consent:link { color:#FFF; } a.consent:visited { color:#FFF; } a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }

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

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Health Poll - February 2013

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](#)

TD { font-family: arial, 'helvetica neue', helvetica, sans-serif; font-size: 14px; line-height: 1.5; }

What have you done to lower your sugar intake?

Reading more labels 43 (41%)

Stopped eating desserts 14 (13%)

Limited treats in the house 49 (46%)

Total: 106

Previous Issues

Did You Know?

- [Parenting Do's and Don'ts](#)
- [A Healthy Lifestyle Keeps the Doctor Away](#)
- [Diet Drinks Cause Heart Issues?](#)
- [Start Them Off Right](#)
- [Too Much Screen Time!](#)

Note: This is a voluntary, nonscientific poll based on 104 responses; caution should be used in generalizing the results.

Page printed from:

http://www.toyourhealth.com/health_poll/13archives/february.php?no_b=true

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)