

[IMAGE] Health Poll - January 2013 [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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Health Poll - January 2013

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- [Chronic Pain Can Wreck Your Life](#)
- [Antioxidants for Acne](#)
- [Reflux Drugs & Migraines](#)
- [Kids Need Exercise](#)
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- [What's in Your Cereal?](#)
- [E-Cigs: Bad for Your Heart?](#)
- [Prostate Health: Think Cruciferous \(Veggies\)](#)

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

How are you avoiding getting a cold this season?

Flu shot	38 (17%)
Vitamins	86 (38%)
Being more cautious about germs	103 (45%)

Total: 230

Note: This is a voluntary, nonscientific poll based on 228 responses; caution should be used in generalizing the results.

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

Other Health Sites

[Chiroweb.com](#)

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[Acupuncturetoday.com](#)