

[IMAGE] Health Poll - June 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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[IMAGE]

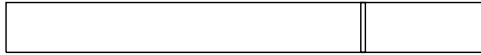
[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]



[IMAGE]

[IMAGE]

Health Poll - June 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 do you do to be heart healthy?

Eat lots of grains	16 (20%)
Do lots of cardio	36 (45%)
Get more fiber	28 (35%)

Total: 80

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- [Pain Relief Without a Price](#)
- [Getting Through the Five Emotional Stages of Lockdown](#)
- [Say Hello to Chili Pepper](#)
- [Fiber: Just Get Some](#)
- [De-Stress At Your Desk](#)

Note: This is a voluntary, nonscientific poll based on 78 responses; caution should be used in generalizing the results.

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

Other Health Sites

[Chiroweb.com](#)

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[Acupuncturetoday.com](#)