

[IMAGE] Health Poll - May 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](#)

[IMAGE]

[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]



[IMAGE]

Health Poll - May 2013

[IMAGE]

In This Issue:

- [Older Men Need Chiropractic](#)
- [Great for Memory](#)
- [Try Evening Exercise](#)
- [Not Enough Nutrients?](#)
- [Is Your Child's Depression Being Caused by Poor Sleep?](#)
- [Your Best You](#)

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

What are you doing to get your Vitamin D this summer?

Getting more sunshine 60 (39%)

Taking a supplement 77 (50%)

Eating more Vitamin D enriched foods 18 (12%)

Total: 155

[Previous Issues](#)

Note: This is a voluntary, nonscientific poll based on 153 responses; caution should be used in generalizing the results.

[Did You Know?](#)

- [Anti-Aging the Natural Way](#)
- [The Skin Alphabet: Recognize the Signs of Skin Cancer](#)
- [3 Ways to Decrease Stress](#)
- [Sitting Too Much? Here's How You Can Reverse the Damage](#)
- [3 Tips to Help Tip the Scales \(in the Right Direction\)](#)

Page printed from:

http://www.tonyourhealth.com/health_poll/13archives/may.php?no_b=true&no_b=true

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)