

[IMAGE] Health Poll Archives 2016 [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]

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[IMAGE]

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[IMAGE]

Health Poll Archives – 2016

[IMAGE]

[2024](#) | [2023](#) | [2022](#) | [2021](#) | [2020](#) | [2019](#) | [2018](#) | [2017](#) | [2016](#) | [2015](#) | [2015](#) | [2014](#) | [2013](#) | [2012](#) | [2011](#) | [2010](#) | [2009](#) | [2008](#) | [2007](#)

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](#)

December

[Which of the following concerns you most in terms of your overall health?](#)

November

[What's your usual routine during the holiday season in terms of health and wellness?](#)

Previous Issues

October

[Did You Know?](#)

[In general, are you eating healthier than five years ago?](#)

- [A Little Activity Goes a Long Way](#)

September

- [Veggie Prep: Do It Right \(Your Body Will Thank You\)](#)

[In your experience, what's the best way to get kids to eat \(or at least try\)](#)

- [Moderate Weight Gain May Increase Cancer Risk](#)

August

- [Antibiotics Don't Work for Cold Symptoms](#)

July

- [Laugh a Little – It's Good for Your Brain](#)

[Have you ever been prescribed / taken an opioid?](#)

June

[Do you eat at least one serving of green vegetables every day?](#)

May

[Ideally, how much weight would you like to lose?](#)

Other Health Sites

April

[Chiroweb.com](#)

[Which of the following supplements do you take regularly?](#)

[Dynamicchiropractic.com](#)

March

[Chirofind.com](#)

[How often do you get at least 15 minutes of direct sunlight \(without sunscreen\) to ensure adequate vitamin D production?](#)

[Acupuncturetoday.com](#)

February

[How often do you eat out \(fast food, restaurant or pre-prepared carryout items\)?](#)

January

[Generally, when you suffer from back pain, what's your first option?](#)

December

[How many of your New Year's Resolutions for 2016 are repeats from a previous year?](#)

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http://www.toyourhealth.com/health_poll/16archives/index.php?no_b=true