

[IMAGE] Health Poll Archives 2019 [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]



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[IMAGE]

[IMAGE]

Health Poll Archives – 2019

[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

[When do you generally work out?](#)

November

[Have you ever tried laser therapy for injury recovery?](#)

[Previous Issues](#)

October

[It's almost the start of the holiday \(food\) season. What is your usual strategy?](#)

[Did You Know?](#)

- [Alzheimer's, Cholesterol and Vitamin E](#)
- [A Stretch Goes a Long Way](#)
- [Low Vitamin D Levels Linked to Disease](#)
- [Help Your Kids Cope with Stress](#)
- [Potassium Linked to Fewer Strokes in Women](#)

September

[Have you ever kept a food diary?](#)

August

[How many times a week do you eat fish?](#)

July

[What is your favorite type of exercise to do?](#)

June

[What is your first choice for general pain relief \(back pain, headaches, other aches and pains, etc.\)?](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

May

[What are you doing to limit your consumption of added sugars?](#)

April

[In the past 12 months, has your medical doctor ever prescribed an opioid for your pain?](#)

March

[Have you ever gone on a "high-protein" diet for any length of time?](#)

February

[Have you ever gone on a "low-carb" diet for any length of time?](#)

January

[How often do you considered yourself "stressed out"?](#)

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