

[IMAGE] Health Poll Archives 2020 [IMAGE] a.consent:link { color:#FFF; } a.consent:visited { color:#FFF; } a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }

[Contact Us](#) [Help](#)

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Health Poll Archives – 2020

[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

[Do you keep a food diary to track the foods you eat every day?](#)

November

[Have you returned to your gym \(if it has reopened\)?](#)

October

[How often do you eat red meat?](#)

September

[Do you know how much protein you should be eating daily based on weight, age and other factors?](#)

August

[How often do you check your vitamin D levels to make sure you're not deficient?](#)

July

[How have your eating habits been affected by the COVID-19 pandemic?](#)

June

[Do you plan on going back to the gym as soon as yours reopens?](#)

May

[Have you gained weight during stay-at-home orders related to COVID-19?](#)

April

[Are you exercising more or less because of COVID-19 restrictions?](#)

March

[Have you ever tried or are you currently on a plant-based diet?](#)

February

[How many days a week are you "out of breath" during / after exercising?](#)

January

[How long do your health and wellness resolutions tend to last?](#)

Previous Issues

[Did You Know?](#)

- [TOP 8 Healthy Foods](#)
- [High BP Is Bad for the Brain](#)
- [Vitamin B-12 Deficient? This Might Be Why](#)
- [Not Your Average Vegetable](#)
- [3 Ways to Lose It](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

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