

[IMAGE] Health Poll Archives 2021 [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]

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](#)

[Previous Issues](#)

[Did You Know?](#)

- [The Perils of Belly Fat](#)
- [Getting Through the Five Emotional Stages of Lockdown](#)
- [FDA Cracks Down on Epidural Corticosteroids](#)
- [Preventing Food Allergies](#)
- [5 Awesome Ab Exercises to Tone and Tighten Your Core](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

## Health Poll Archives – 2021

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

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December

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

November

[Do you add table salt to your food?](#)

October

[When do you make your New Year's Resolution List?](#)

September

[Which aspect of your eating habits do you consider your highest priority?](#)

August

[How many hours do you sleep a night, on average?](#)

July

[Which do you consider most important in terms of your health and wellness \(if you can only choose one\)?](#)

June

[How many times per week do you exercise?](#)

May

[How many times do you eat dessert per week? \(What we commonly consider dessert in the U.S.: ice cream, cake, cookies, etc.\)](#)

April

[How do you choose which dietary supplements to take?](#)

March

[In what format do you enjoy eating vegetables the most?](#)

February

[Which do you consider most important to your overall health and wellness?](#)

January

[Do your New Year's resolutions include diet and exercise goals?](#)

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