

[IMAGE] Health Poll Archives 2023 [IMAGE] a.consent:link { color:#FFF; } a.consent:visited { color:#FFF; } a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }

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[IMAGE]

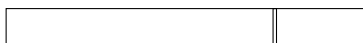
[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]



[IMAGE]

[IMAGE]

Health Poll Archives – 2023

[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

[Have you "quit" anything yet until the new year?](#)

November

[What is your biggest health concern?](#)

[Previous Issues](#)

October

[How would you characterize your sleep wellness?](#)

[Did You Know?](#)

- [Aerobics During Pregnancy Benefits Babies](#) September
- [Physical Inactivity Leads to Chronic Pain](#) When do you start compiling your healthy New Year's Resolutions?
- [5 Healthy Teas and Why They Are Good for You](#) August
- [Feeling Good About Dark Chocolate](#) How often do you eat at least one serving of green vegetables?
- [Get in the Calorie-Burning Zone](#)

July

[What's your diet look like this summer?](#)

June

[During the summer months, do you tend to:](#)

May

[If work wasn't a factor, what would be your favorite time of day to exercise?](#)

Other Health Sites

[Chiroweb.com](#)

[Dynamicchiropractic.com](#)

[Chirofind.com](#)

[Acupuncturetoday.com](#)

April

[In general, how long do you stick with your diet / exercise plan?](#)

March

[Have you ever tried intermittent fasting for weight loss and/or better health?](#)

February

[Which of the following healthy-lifestyle behaviors is your most challenging to maintain?](#)

January

[What health-related New Year's Resolution do you always find yourself repeating?](#)

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