

NUTRITION IN THE MEDIA:

The good, the bad and the weird



Niki Bezzant Editor-in-chief

healthyfood GUIDE Magazine

GOOD NEWS:

NUTRITION NEWS IS EVERYWHERE

BAD NEWS:

NUTRITION NEWS IS EVERYWHERE



People are
HUMAN

Chocolate comes
from cocoa,
which is a tree.
That makes
it a plant...
so chocolate
is a salad.



WHENEVER I
SAY THE WORD
"EXERCISE" I WASH
MY MOUTH OUT
WITH CHOCOLATE



My favourite exercise
is a cross between a
lunge & a crunch.

It's called lunch.

We are vulnerable to
TRUTHINESS

Raw Food Rehab

raw food rehab
keeping it real

Raw Food Rehab Website

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Low-Carb, So Simple

Low-Carb, So Simple!

Gluten-free, sugar-free recipes
with 5 ingredients or less

Low-Carb, So Simple
Personal Blog

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PaleoHacks

PALEOHACKS

PaleoHacks
Health/Wellness Website

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I QUIT SUGAR
with Sarah Wilson

Blog Store 8-Week Program Recipes FAQs

Log in to the 8-Week Program

What nutrition needs to eat for breakfast

The exercise mistakes Sarah used to make

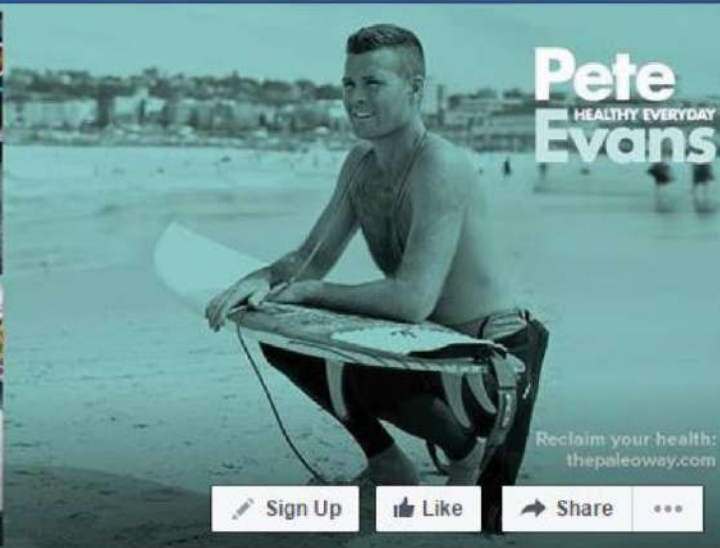
The 10 tricks this mom uses to get her kids eating veggies

Join me

QUIT SUGAR
IN 8 WEEKS

SARAH'S 8-WEEK PROGRAM
STARTS JUNE 4

JOIN NOW



Chef

Q Search for posts on this Page

1,528,909 people like this

 **Chef Pete Evans** 1 hr · 

LIFE'S BIGGEST LIE.. Join my great mate Trevor Hendy as he shares with us, some wise words throughout the 10 week program.. You can read his full blogs when you join us over at www.thepaleoway.com

There is no greater truth than the knowing that we are all connected. And this connection to the loved ones around us plays a massive role in how we feel in all aspects of our lives. By being connected to our emotions

THE FILTER BUBBLE

Search for 'Egypt': Scott gets Egyptian Protests:

Google Egypt

About 350,000,000 results (0.24 seconds)

Everything
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 Past week
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 Past year
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 Wonder wheel
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Crisis in Egypt
 Voices in Egypt have been muted but will not be silenced. Listen.
humanrightsfirst.org/Egypt

Egypt - Wikipedia, the free encyclopedia
 Egypt officially the Arab Republic of Egypt, is a country mainly in North Africa, with the Sinai Peninsula forming a land bridge in Southwest Asia. ...
 Hosni Mubarak Ancient Egypt Female genital cutting History of modern Egypt
en.wikipedia.org/wiki/Egypt - Cached - Similar

Egypt News - The Protests of 2011 - The New York Times
 World news about Egypt and the protests of 2011. Breaking news and archival information about its people, politics and economy from The New York Times.
topics.nytimes.com - World - Countries and Territories - Cached - Similar

Egypt Travel, Tours, Vacations, Ancient Egypt from Tour Egypt
 Information for travelers, resources on history, monuments and activities.
www.touregypt.net/ - Cached - Similar

News for Egypt

Why Lara Logan Was Eager to Return to Egypt
 1 hour ago
 By Charlotte Triggs AP Lara Logan had already had one troubling experience in Egypt before last Friday's "brutal and sustained" sexual assault, ...
 People Magazine - 1658 related articles - Shared by 20+

In Egypt, renewed hope for gender equality
 USA Today - 24874 related articles - Shared by 5+

Realtime updates for Egypt (290)

Daniel gets Travel Information:

Google Egypt

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New York, NY
 Change location

Any time
 Latest
 Past 24 hours
 Past week
 Past month
 Past year
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All results
 Sites with images

Egypt - Wikipedia, the free encyclopedia
 Egypt officially the Arab Republic of Egypt, is a country mainly in North Africa, with the Sinai Peninsula forming a land bridge in Southwest Asia. ...
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en.wikipedia.org/wiki/Egypt - Cached - Similar

Egypt Travel, Tours, Vacations, Ancient Egypt from Tour Egypt
 Information for travelers, resources on history, monuments and activities.
www.touregypt.net/ - Cached - Similar

Egypt Daily News, Egypt News
 Egypt Daily News, covering Egypt News, Arab news, Middle East news and World news. Egyptian Guides, egyptian recipes, egyptian food, egyptian airforce. ...
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Images for egypt - Report images

Egypt - CIA - The World Factbook
 Feb 1, 2011 ... Features a map and brief descriptions of geography, economy, government, and people.
<https://www.cia.gov/library/publications/the-world.../eg.html> - Cached - Similar

The once-over-lightly
GENERATION

JUNE 23, 2014

TIME

Eat Butter.

Scientists labeled fat the enemy. Why they were wrong
BY BRYAN WALSH



time.com

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You are here: [Home](#) / [Living Well](#) / [Eating Well](#) / Broccoli is bad for you, like, really toxic bad

Broccoli is bad for you, like, really toxic bad

June 4, 2015 by Tim Crowe — 194 Comments

An alternative title I had for this blog post was: "Don't believe everything you read on the Internet to do with nutrition", but I wager this one was more effective in getting your attention.

If you have a small amount of scientific nous, it is super easy to mount a case for any food or nutrient being harmful and toxic by selectively quoting scientific research. Grains, soy, gluten and even sugar are the current faves here.

The Internet proliferates with opinion pieces quick to vilify particular foods and nutrients as being 'the cause' of many of our health problems by over-cooking (see what I did there?) one side of the research evidence. To show you how this is done, I present for you today a masterclass on this art form. I'll also give you some practical tips on how to spot when it is being done.

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GO



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passive over-eating

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BALANCE

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Tiny Invader, Deadly to
Fish, Shuts Down a River
in Montana

PAID POST: PHILIPS

Middle Age Isn't Too Late to
Begin a Healthier Lifestyle

PHI

U.S.

Measles Cases Linked to Disneyland Rise, and Debate Over Vaccinations Intensifies

By ADAM NACOURNEY and ABBY GOODNOUGH JAN. 21, 2015



LOS ANGELES — A measles outbreak that began at [Disneyland](#) is spreading across California and beyond, prompting health officials to move aggressively to contain it — including by barring unvaccinated students from going to school in Orange County. The outbreak has increased concerns that a longstanding movement against childhood vaccinations has created a surge in a disease that was declared eliminated in the United States in 2000.



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TOP

ABC admits Catalyst health show erred on fat facts

THE AUSTRALIAN | MAY 13, 2014 12:00AM



Sean Parnell
Health Editor
Brisbane



SAVE



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A **BELATED** admission by the ABC that popular television science program *Catalyst* had demonstrated bias against mainstream medicine has been welcomed by health groups.

Catalyst sparked controversy seven months ago with a two-part special that described the link between saturated fats, cholesterol and heart disease as “the biggest myth in medical history” and downplayed the benefits of anti-cholesterol

MEDIA OPINION

1 OF 3 < >

MARK RITSON

If you wanted to pinpoint the most important year in the history of Australian fashion you'd be hard pushed to look beyond 2011. ”

IN MEDIA

Advertising adds up to \$40bn



JAKE MITCHELL

Advertising spending contributes about \$40 billion a year to the Australian economy, or 2 per cent of GDP.

Chris Wharton's starring role

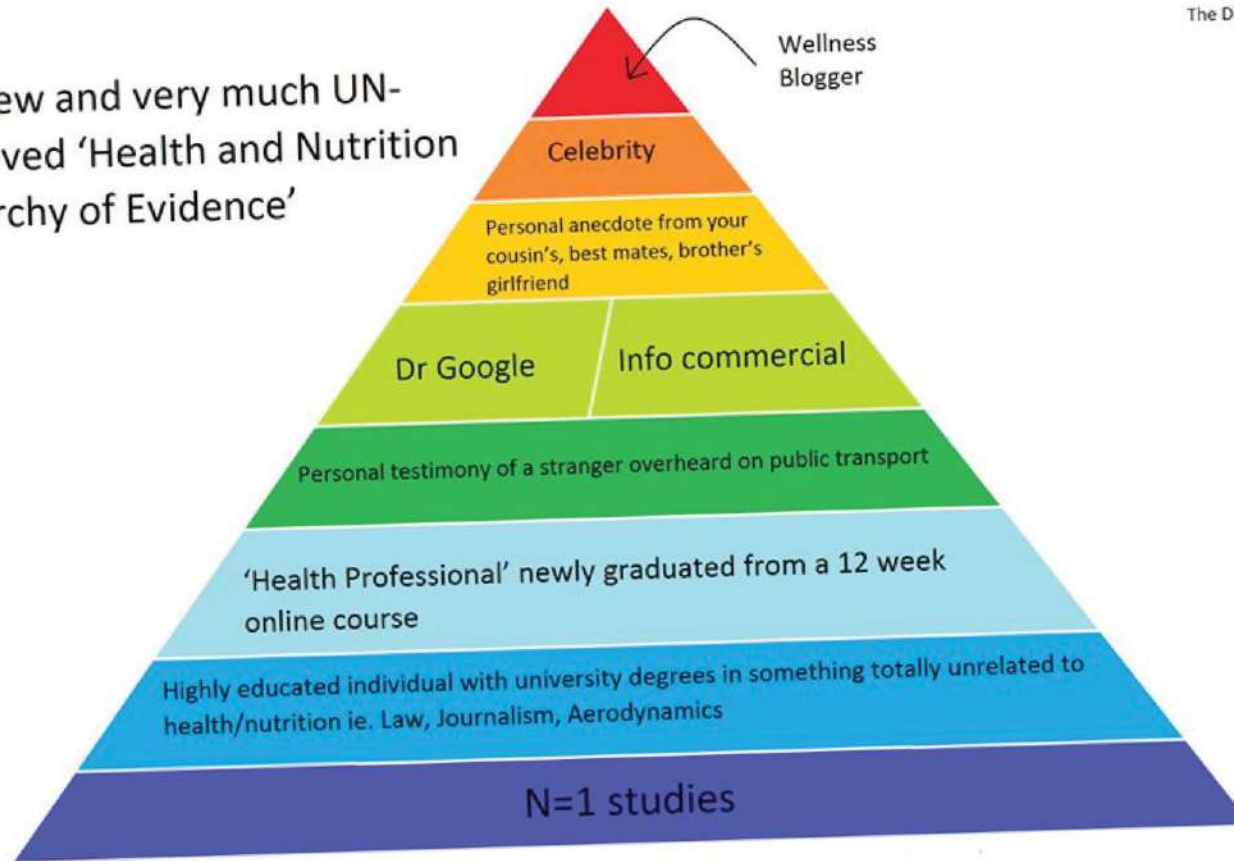


DARREN DAVIDSON

For more two decades Chris Wharton has played a defining role in the lives of West Australians.

The death of
EXPERTISE

The new and very much UN-improved 'Health and Nutrition Hierarchy of Evidence'





#2

All the news, whenever you want it.



Peter Evans: "I haven't given my kids dairy for over five years and they are thriving." Picture: Chown image

NSW

Chef Pete Evans says calcium from dairy removes calcium from human bones

Ranked Page Photos

in Timeline Photos

My 22 yr old daughter is currently in hospital with severe pancreatitis and has also been diagnosed with Diabetes, most likely Type 2. What would be the best advice I as her mother can give her regarding her 'diet'? Her cholesterol is extremely high (70) as well, so not sure on the best way for me to help and support her.

May 5 at 9:13pm · Edited

View 3 more replies



Chef Pete Evans look at her doing low carb paleo
www.thepaleoway.com



The Paleo Way by Pete Evans

The Paleo Way is a vibrant health and fitness program tailored to ease you into a Paleo...

THEPALEOWAY.COM

May 5 at 9:32pm

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Blocked by Pete Evans

Page Liked · May 8 ·

Pancreatitis is a very serious condition and only Dr's are equipped to treat and prescribe the appropriate treatment, including diet.

This young woman has also developed diabetes and has high cholesterol.

Without a blink Paleo Pete decides he can advise.....and as always it is the same advice....
See More

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57

Top Comments



Blocked by Pete Evans PP thinks all medical conditions, including serious ones such as this, which requires specialised treatment from highly trained medical professionals, is all the fault of diet in the first instance, therefore can be fixed with



Write a comment...



The upshot:

**“EVEN THE
EXPERTS CAN’T
AGREE!”**



TrueHealth
INITIATIVE



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A global consensus on lifestyle as medicine.

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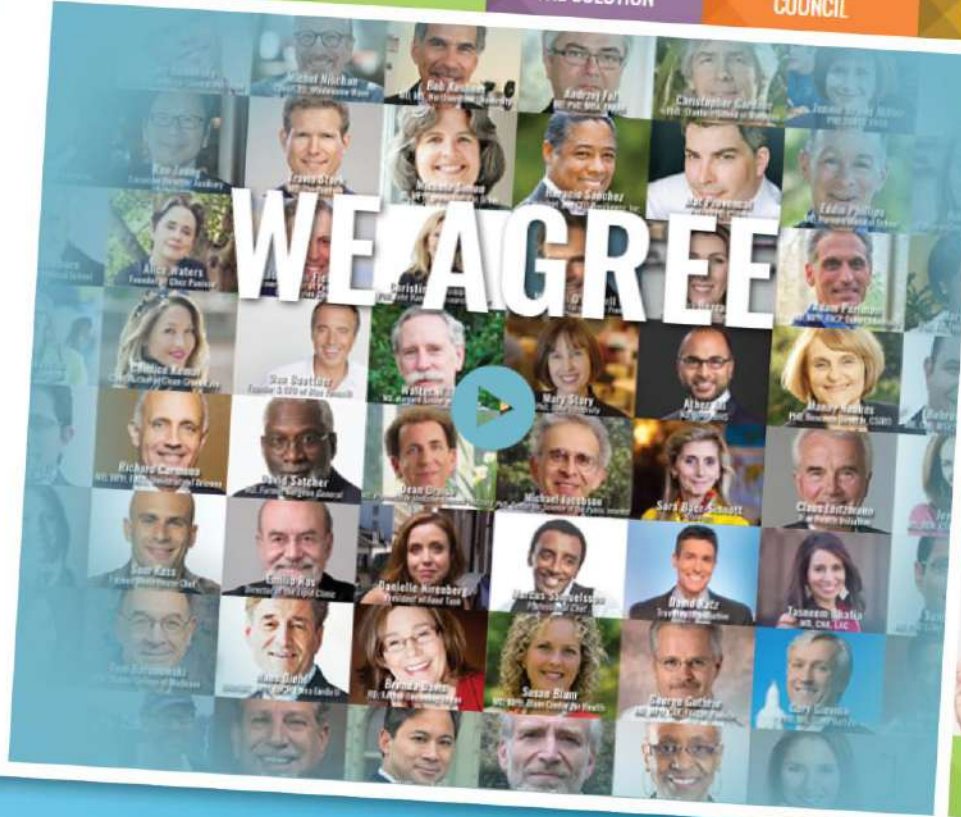
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Truth

WANT HEALTH? TRY THE TRUTH



LIFESTYLE AS MEDICINE: CULTURE, COLLUSION AND PSEUDO-CONFUSION



THE CASE FOR A TRUE HEALTH COALITION

Published: March 2015



A WORKER ADJUSTS A DIORAMA OF A MOON LANDING AT THE KENNEDY SPACE CENTER

Why Do Many Reasonable People Doubt Science?

We live in an age when all manner of scientific knowledge—from climate change to vaccinations—faces furious opposition.

Some even have doubts about the moon landing.

Dairy causes inflammation and the Easter Bunny is real

August 31, 2015 by Tim Crowe — 13 Comments



23 AWESOME HEALTHY HABITS TO TRY (THAT DON'T INVOLVE DETOXING OR SIT-UPS)

JANUARY 18, 2016 BY THE NUTRITION GURU AND THE CHEF — LEAVE A COMMENT



CONTRIBUTOR

Diets, Doubts, and Doughnuts: Are We TRULY Clueless?

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