



September 24, 2015 – Grand Rapids, MI

## Just Be Honest

One of the problems that I have with many websites and health gurus is that they won't tell you what they're really about. This isn't the same as reposting websites; they get paid for getting you to click on links and thus don't really care what they post as long as it's eye-catching. The people and websites that bother me write most frequently about the food supply and what is and is not healthy for you. Fine. I do that, too. What isn't apparent is **why** they do what they do. More times than not, they're either anti-carbohydrate, anti-soy, or more often than not, anti-animal products.

Here's an example. One website posted an article on why eating fish may be related to the development of type 2 diabetes. Another states that dietary cholesterol is still a big problem that contributes to heart disease. Both authors promote a vegan diet. No problem; it's a great way to eat if you want to and does have health benefits to it. But it's the reason they choose to write what they write: they're both advocates for animal rights. Again, that's fine. I think we need more humane ways of growing our food than is practiced today. But they hand-pick research to suggest that the vegan way is the *only way* you can eat and be healthy. That's simply not true based on thousands of research studies.



I'd like it better if they were just honest about their beliefs. "I don't believe humans should eat animals as food" should be front and center. I don't agree with that, but I can respect that position. Then write anything you want because we know your point of view. Sure, pick all the articles that say eating meat and fish is bad and write about them. At least it wouldn't be deceptive like so many vegetarian promoters are today. Just be honest.

I told you that this would be an opinionated week and I'm not done yet. I'll finish this up on Saturday with one more thing that drives me crazy, and I'll even give you the message title: Prove It.

You know why I do what I do: I think everyone can be healthier. Eating better is a great way to start, and so is reducing your blood pressure. It's last call for the [High Blood Pressure: Getting It Down](#) webinar at 10 p.m. ET tonight. Sign-ups close at 9:30 so if you want a seat, do it now.

What are you prepared to do today?

**Dr. Chet**

---

**WGVU** FM 88.5/95.3  **NPR** **Straight Talk on Health**

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* Sunday at 7:30 a.m. and 6 p.m. in the Eastern Time Zone on WGVU-FM 88.5 or 95.3, or listen live via the Internet by going to [www.wgvu.org/wgvunews](http://www.wgvu.org/wgvunews) and clicking on "Listen Live" at the top.

---

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at [DrChet.com](http://DrChet.com) — © Chet Zelasko PhD LLC