



October 6, 2015 – Grand Rapids, MI

## What We Don't Know

This past weekend, Paula and I along with our good friend Sharon went to the 100th Homecoming game of Michigan State University as they played Purdue; Sharon and I went to grad school together at MSU and Paula graduated from Purdue. Those pesky Boilermakers showed up in the second half and almost beat the Spartans. As you may suspect, that's not the reason for this message.

When you sit in a single seat in a stadium as large as Spartan Stadium which holds just over 75,000 people, you can feel insignificant. In Dr. Chet World, it has a different meaning. Pick any area of how to be healthy: let's say the best diet for getting to and maintaining a healthy weight as we discussed last week. One person sitting in a seat in the stadium represents what we know. What we don't know is represented by the rest of the unfilled 75,000 seats. That doesn't stop people from thinking they have "the" answer that applies to everyone.



On Thursday, I'm going to review a recent study on the Inuit and why their high-fat diet doesn't result in heart disease as it might in a typical American or European. If you want to read up a little to prepare, check out the links in the references from the journal *Nature* and an interview with one of the lead authors of the research in the *Salt*, an NPR column about food.

What are you prepared to do today?

### *Dr. Chet*

#### References:

1. <http://www.sciencemag.org/content/349/6254/1343.short>
2. <http://www.npr.org/sections/thesalt/2015/09/17/441169188/the-secret-to-the-inuit-high-fat-diet-may-be-good-genes>

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