



August 16, 2016 – Grand Rapids, MI

## Are Supplements Making You Sick?

Consumer Reports has been a go to source if you wanted to find out about purchasing a good automobile, toaster, oven, or other household product. Years ago they added health to their repertoire, including dietary supplements. In July they published a series of articles on the dangers of supplements. I'm going to talk about two of the articles this week.

The first article was provocatively titled "Supplements Can Make You Sick." It began with a sad story about a premature baby, went on to talk about the dangers of using "unregulated" supplements that can contain illegal substances and even pharmaceuticals. Consumers are duped into believing that supplements treat diseases, but the supplements aren't held to the same standards for testing and research as pharmaceuticals. This approach to supplements went on for about 10 pages. We've heard it before.

The problem was that there were **no references** to support any of the claims that the author made about anything. She weaved some things that were true with carefully worded writing to make the average reader want to avoid any supplement as though it were poison. A little reality would have been nice.

In her bio, the author says her passion is "good storytelling and verifiable data." She got the first part right—she told a good story. It's too bad there was no verifiable data to support it. There's nothing in this Consumer Report article that should have you wondering whether the supplements you take are making you sick.

I'll look at another Consumer Report article titled "15 Supplement Ingredients to Always Avoid" on Thursday.

What are you prepared to do today?

**Dr. Chet**

Reference: <http://bit.ly/2aOAsEd>



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