



April 11, 2017 – Grand Rapids, MI

Pop Quiz on Fake Health News

In last week's posts, I gave you six questions to evaluate fake health news. Did I forget to say there'd be a quiz?

Below are three stories that you've sent me to check out. If you click on the link, it will take you to the story. As I take the rest of the week off to work on other projects, I want you to use what you learned last week, then send me an email about what you've found.



Here are the stories:

- Centrum and why you should never take this leading multivitamin: <http://bit.ly/2oRpVii>
- Garcinia cambogia and why Dr. Oz recommends this amazing fat-burning herb: <http://bit.ly/2ojKZLc>
- Energy drinks and the horrors to your body if you drink them: <http://bit.ly/2nxWTnF>

I know that some of you would not use any of these products, but choose one anyway. I want you to take out the emotion and just look at the facts you find.

I hope you're healthy and well during Easter and Passover. I'll be back with more health news next Tuesday.

What are you prepared to do today?

Dr. Chet

WGUV 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 WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to 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 — © Chet Zelasko PhD LLC