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Can you lose weight quick?

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How quick?

Where is the weight coming from?

What evidence does a particular method hold?

Are you looking to keep it off?

Are you concerned if it's healthy to do so?

Why do I want to do this?



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What is Critical Thinking?

- 1) Diligent Clarification (*Knowing the available evidence to some degree from multiple lenses.*)
- 2) Logical reasoning (*What stands out most as accurate evidence?*)
- 3) Humble self-reflection (*Recognizing your own biases, admitting you may be wrong and there may be something you can learn, as well as understanding the flaws in science and the complexities of human biology. Ego is the enemy!*)

"Objective analysis of facts to form a judgement"
(Ris, et al 2019)

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Previously people put most of their understanding in the hands of experts.
Today unfortunately it's hard to determine who the experts actually are...

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It is thought through a behavioral science lens the human mind evolved for action and reaction, not critical thought. We are wired to take shortcuts. (Li et al. 2017)

In other words, we tend to put faith in thoughts and ideas from people and institutions we believe in. In a sense creating a community around a belief and standing behind it regardless of any evidence to the contrary.

Today, in the age of information there are more than enough articles to make individuals overconfident and fall victim to confirmation bias.

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Full Disclosure



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Why We Study Nutrition?




- 1) Improve our health and or performance.
- 2) Help family and friends.
- 3) Sell products.
- 4) To have a community to stand behind.

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Nutrition doesn't need to be hard. If it's too hard, it's not enjoyable. The truth is it's part of our everyday life and can sometimes be the best part of the day.



The question is how can you approach nutrition in a more balanced way and never feel the need to follow a diet or make significant changes?

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What We are Certain About?


1. Watching added sugar is important.
2. Omega 3s are crucial.
3. There is no perfect diet.
4. Artificial trans fats are always unhealthy.
5. Eating vegetables improve health.
6. Vitamin D supplementation is important in most of the world.
7. Refined carbohydrates are problematic if overconsumed.
8. Real food is superior to supplements.
9. Strict diets are not as effective long term as lifestyle change.
10. Unprocessed foods are superior to processed.

(Gunnars 2018)

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Tools!




- 1) Understanding relative risk vs absolute.
- 2) Learning how to recognize potential misinformation.
- 3) Understanding where to source information and how to determine if it's reputable.

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Relative Risk Vs Absolute



No One Knows What It Means
Bullshit Provocative. It Gets The People Going.

WHY THE NUMBERS MATTER

RELATIVE RISK	ABSOLUTE RISK
"New wonder drug reduces heart attack risk 50%"	"New wonder drug reduced heart attacks from 2 per 100 to 1 per 100"


The absolute risk is more useful at conveying the risk impact of an intervention, yet is often under-reported in the reports and the news.

HEALTHY UP REVIEW
HEALTHYUPREVIEW.COM

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Becoming More Analytical



- Lose weight quick!
- Gain 10lbs of muscle in a week!
- "Magic" supplement!
- You'll never believe!
- X things you need to know!
- We've been lied to . . .
- Decades of nutrition research are wrong . . .
- Doctor . . .

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Understanding Information

Examine.com

Case Study

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Other Considerations

- What type of research was done? (Le epidemiological)
- Correlation doesn't always equal causation.
- Level of evidence.
- Anecdotal or scientific?
- Is the study peer reviewed?
- Is the study done with humans or animals?
- What is the motivation behind the research?
- Credibility
- Who's funding?

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Conclusion

Think critically before you invest time and money.

If it's too good to be true, it is!

Nutrition is often more about habits than it is about what you eat.

If you are working with clients, think of practical, simple and effective recommendations for them.

Questions?

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Thank you!

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