

Part 1: How To Identify The Lies That Popular Media Spews About Wellness (& My Reply To "The Most Overhyped Wellness Promises, Debunked")

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"The popular website Vice published a controversial article last week entitled ["The Most Overhyped Wellness Promises, Debunked"](#). Chock full of skepticism about Keto, colonics, charcoal, and more, the article created plenty of buzz - both good and bad - across the internet...

...and in today's podcast, I'm going to address the article in full, including debunking plenty of the BS that was in the article, presenting research-based facts about so-called wellness myths (including a few that will surprise, such as the truth about charcoal toothpaste and sea salt), and set the good folks at Vice right.

Enjoy, and be sure to leave your own comments and feedback in the comments section below.

In this solisode, I'll break down the "myths" discussed in the article one by one...

-Myth #1: Is pink Himalayan salt more nutritious than regular table salt?...9:47

- 90% of table salt is full of microplastics (have often been found in some sea salts)
- Downsides of Himalayan salt:
 - Comes from Pakistan, sold cheaply, contain impurities
 - Only 4% more trace minerals than table salt
 - Contains iron
- Ben prefers [Celtic sea salt](#): It's more pure and less contaminants
- [BGF Podcast with Robert Slovak](#)
- [Colima Sea Salt](#)
- [Microplastics found in 90 percent of table salt: potential health impacts?](#)
- [12 Reasons You Should Take Sea Salt](#)

-Myth #2: Lectins are not bad for you...15:00

- [Abstract P238: Remission/Cure of Autoimmune Diseases by a Lectin Limite Diet Supplemented With Probiotics, Prebiotics, and Polyphenols | Circulation](#)
- [Lectins, agglutinins, and their roles in autoimmune reactivities](#)
- 1 in 5 people suffer from some form of an autoimmune condition; these are aggravated by lectins in our diets

- Remission in lectin-free diet

-Myth #3: Probiotics can't boost your mood, immune system or overall wellness...17:48

- [Effects of Probiotics on Mood - Full Text View - ClinicalTrials.gov](#)
- [The Effects of Probiotics on Mood and Emotion](#)
- [The effects of probiotics on depressive symptoms in humans: a systematic review](#)

-Myth #4: Kombucha isn't making you any healthier...19:40

- [8 Evidence-Based Health Benefits of Kombucha Tea](#)
- Has all the health benefits of tea: polyphenols, cholesterol reduction, etc.
- 4 studies show kombucha reduces liver toxicity in rodent models by up to 70%
- Acetic acid can kill off harmful bacteria in the gut
- Watch out for residual sugars
- Blood sugar controlling properties

-Myth #5: "Natural sugars" like agave syrup and coconut sugar aren't any better for you than the refined white stuff...22:57

- [Coconut Sugar: Is It Good For You?](#)
- Coconut sugar has far more minerals than regular sugar: zinc, polyphenols, etc.
- Glycemic index score: 35-40; table sugar much higher (60 and above)

-Myth #6: Antiperspirant does not cause breast cancer...25:40

- [A Case-control Study Adds a New Piece to the Aluminum/Breast Cancer Puzzle](#)
- [Use of Underarm Cosmetic Products in Relation to Risk of Breast Cancer: A Case-Control Study](#)
- There's no "smoking gun" but enough anecdotal evidence to be concerned

-Myth #7: "Alkalizing" your body with alkaline water(or anything else) is not a thing...28:30

- [BGF Podcast with Robert Slovak](#)
- [Systematic review of the association between dietary acid load, alkaline water and cancer | BMJ Open](#)
- [Alkaline Water and Longevity: A Murine Study](#)
- More alkalinity is not better
- [Hydrogen rich water](#) (Use code BEN for 30% off)

-Myth #8: Apple cider vinegar is good for salads...31:51

- [6 Proven Benefits of Apple Cider Vinegar](#)
- [Bragg Apple Cider Vinegar](#)

- Acidic acid in vinegar kills pathogens, natural antibacterial
- Shot of apple cider vinegar improves insulin sensitivity during a high carb meal
- Can reduce fasting blood sugar by 4%
- Reduce blood pressure
- Regulate kidney function

-Myth #9: You don't need to detox with a juice cleanse...

- [BGF Article: The Best 2018 Detox Program](#)
- [Dandelion extract](#)
- [Ginseng](#)
- [Milk thistle extract](#)
- [Zinc lozenges](#)
- Don't abuse the liver and kidneys and expect them to function properly

-Myth #10: Activated charcoal is only helpful if you're in the ER and need your stomach pumped...42:28

- [What are the Benefits of Activated Charcoal?](#)

-Myth #11: Charcoal toothpaste doesn't strengthen your teeth...45:50

- Ben agrees with this one
- [Charcoal toothpaste may cause tooth decay and will not whiten teeth](#)
- [Health charity explores the facts and myths of charcoal toothpaste | Oral Health Foundation](#)

-Myth #12: The ketogenic diet isn't a magical weight-loss trick...47:40

- [Ketogenic Diets: Long-Term Nutritional and Metabolic Deficiencies](#)
- Causes a deficiency in potassium
- Renal acid load, will further strip minerals from the body
- Folate deficiencies: consume liver or folate supplements
- Vitamin C deficiency: fix with supplementation or plants and berries

-Myth #13: Lemon water will not boost your metabolism...51:59

- [Benefits of Drinking Lemon Water](#)
- [How to drink water with lemon and preserve your tooth enamel | The Well: bodymindheartspirit](#)
- Contains folate, potassium, Vitamin C
- Blood circulation, insulin sensitivity benefits
- High amounts of citrate, helps treat kidney stones
- Can hurt tooth enamel

-Myth #14: Dark chocolate is probably not better for you than other sweets...55:17

- [What are the Health Benefits of Dark Chocolate?](#)
- Cacao contains antioxidants
- High levels of minerals
- Rich in magnesium and zinc
- Stimulates nitric oxide
- Hefty research to support chocolate's efficacy

-Myth #15: Gluten is perfectly fine for the vast majority of people...58:30

- [Non-celiac gluten sensitivity - Wikipedia](#)
- Gluten is an aggravator of autoimmune issues
- Intestinal damage
- Alter DNA and oxidative balance
- Irritable bowel issues, neural inflammation
- Book: [Grain Brain](#)
- Gluten Guardian

-Myth #16: You can't sweat out toxins...1:01:46

- [Blood, urine, and sweat \(BUS\) study: monitoring and elimination of bioaccumulated toxic elements](#)
- [Arsenic, Cadmium, Lead, and Mercury in Sweat: A Systematic Review](#)
- Sweat is a significant way to rid of over 120 toxicants

-Myth #17: Infrared saunas do not detox you or burn fat...1:03:33

- [Infrared Sauna Treatment: Are the Claims Backed Up? - Dr. Axe](#)
- Ben uses sauna treatment every day ([Clearlight Saunas](#) use code GREENFIELD for \$500 off)
- Improves heart function, increase in HRV
- Decreases pain and stiffness
- Improves cognitive behavior, lifting mood

-Myth #18: Coconut oil will not help you lose weight, lower your cholesterol, or kill germs or viruses...1:06:08

- [Top 10 Evidence-Based Health Benefits of Coconut Oil](#)
- Book: [The End of Alzheimers by Dale Bredesen](#)
- [Books by Mary Newport](#)
- Many populations eat large amounts of coconut and have low rates of heart disease
- Significant appetite stabilizing effects
- Used in epileptic patients to enter ketosis
- Many studies showing reduction in eczema
- Used as a sunscreen
- Reduce visceral fat

-Myth #19: Oil pulling is not dental care...1:10:57

- [Oil pulling for maintaining oral hygiene – A review](#)

-Myth #20: The claims about collagen supplements are way overhyped...1:13:35

- [Oral Collagen Supplementation: A Systematic Review of Dermatological Applications - PubMed - NCBI](#)

-Myth #21: Weighted blankets aren't a treatment for mental health issues...1:15:40

- [Do Weighted Blankets Really Ease Sleeplessness? | Psychology Today](#)

-Myth #22: Organic cotton tampons and menstrual cups aren't safer...1:18:00

- [Do We Need Organic Tampons? A Review Of The Science - HelloGiggles](#)

Resources mentioned in this episode:

- [Vice article discussed](#)

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