

## Part 2: How To Identify The Lies That Popular Media Spews About Wellness (& My Reply To “The Most Overhyped Wellness Promises, Debunked”)

Ben Greenfield Fitness Podcast – Published 6 July 2019

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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 Vice 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.

You can find Part 1 of this series, where I debunked the first 22 "myths" found in the article [here](#).

Now, here are my responses to Myths 23-44:

**-Myth #23: Red yeast ricesupplements aren't that effective at lowering cholesterol...7:08**

- [Red Yeast Rice: Benefits, Side Effects and Dosage](#)
- Contains monacolin K (same thing found in statins)
- Some forms don't contain doses as high as found in literature
- Can affect cholesterol, triglycerides and blood pressure
- Greater insulin insensitivity
- Prevented increases in cholesterol levels in rats
- Decreased tumor levels and cancer cell growth
- Red yeast rice supplements contain only trace amounts of monacolin K (check label carefully)

**-Myth #24: You should not eat your placenta...11:30**

- [Placenta – Worth Trying? Human Maternal Placentophagy: Possible Benefit and Potential Risks](#)
- Nutritional composition: whole host of vitamins, interesting hormonal profile
- Effective in treating depressive moods, post-partum depression

- Not much human clinical research verifying the efficacy of eating the placenta

**-Myth #25: Microwaves are not bad for you...15:38**

- [The Two Sides of the Story: Is Microwave Radiation Harmful?](#)
- Dehydrates, hurts the taste of food
- It may not be bad for your food, but it may be bad for *you*
- Non-native EMFs

**-Myth #26: Crystals do not store healing, stress-relieving energy...18:55**

- [How Crystals Work: The Science of Crystal Healing](#)
- LCD: Liquid Crystal Display
- Crystals contain quartz (silica dioxide)
- Much of modern computing depends on crystals
- [Marcel Vogel](#): Pioneer of crystal research
- [Biology of Belief](#) by Dr. Bruce Lipton
- [Mind to Matter](#) by Dr. Dawson Church
- No human clinical research on crystal's efficacy on healing and stress relief
- [Himalayan Salt Lamp](#)

**-Myth #27: You do not need a colon to power-wash your intestines...24:20**

- [Is a Colon Cleanse Actually Beneficial? What You Must Know...](#)
- Can be helpful for some people
- Limited research to show its efficacy
- Need to repopulate the colon with a probiotic after a colonic hydrotherapy
- People feel amazing after the therapy; release of bile by the liver
- May be worth investigating if you have chronic constipation (after other resources have been exhausted)

**-Myth #28: Don't drink red wine because you think it's healthy...28:33**

- "I could probably do a whole podcast on the health benefits of red wine." --Ben Greenfield
- [Contribution of Red Wine Consumption to Human Health Protection](#)
- Resveratrol claims have been greatly exaggerated
- Blue zone inhabitants habitually drink red wine
- [Blue Zones](#), by Dan Buettner
- Women are at lower risk for many health issues
- Good effects on cardiovascular system
- Beneficial for heart cells
- When wine paired with physical exercise, improve LDL to HDL ratios dramatically
- Beneficial effect on blood pressure
- [The French Paradox: Lessons for Other Countries](#)
- [Fit Vine Wine](#) (Use code: GREENFIELD for 10% off)

- [BGF podcast w/ Todd White of Dry Farm Wines](#)

**-Myth #29: Epsom salts don't relieve muscle pain...36:54**

- [Pharmaceutical Influences of Epsom Salts | Insight Medical Publishing](#)
- Sulfate ions may help in removing toxins and heavy metals from cells
- Ben uses magnesium sulfate salts, not Epsom salts
- Weekly bath in Epsom salts can support recovery, relaxation, sleep
- Vice is correct on the claim on muscle pain

**-Myth #30: You can't cure depression by working out...40:30**

- [Can Exercise Prevent Depression? Here's What the Science Says | Time Magazine](#)
- Exercise can protect against depression, but depression doesn't prevent someone from exercising
- Weightlifting and running increase blood to the brain
- Small amounts improve mental health (walking after a meal)
- Numerous studies contradict the claim from the vice article

**-Myth #31: Meditation isn't always soothing...43:40**

- [Meditation is a Powerful Mental Tool - And for Some People It Goes Terribly Wrong](#)
- Some get hyper-aroused when they meditate; could be because of increase in mindfulness
- Can be avoided with proper instruction and preparation

**-Myth #32: Cryotherapy doesn't help your muscles recover...45:52**

- [Whole-Body Cryotherapy Decreases the Levels of Inflammatory, Oxidative Stress](#)
- Cold-water immersion is superior to whole-body cryotherapy; but cryotherapy is effective in muscle recovery
- May not see a marked improvement immediately after, but it does help in recovery

**-Myth #33: Food intolerance tests are based on shoddy science...48:28**

- [Four Pillars of Excellence](#)
- Ben agrees with this one!
- [Cyrex Labs](#)

**-Myth #34: Eating soy isn't going to give men boobs...50:48**

- [Should Men Cut Back On their Soy Intake?](#)
- [Gynecomastia](#)
- This myth is the result of *one individual* who claims his man boobs are the result of increased soy intake
- Eat fermented forms of soy

- [Estrogenation](#) by Dr. Anthony Jay

**-Myth #35: The birth control pill does not cause breast cancer...53:33**

- [GPR30 Gene Polymorphisms Are Associated With Gynecomastia Risk in Adolescents](#)
- [Oral Contraceptives and Breast Cancer: A Review of the Epidemiological Evidence With an Emphasis on Younger Women](#)
- [Study Finds Weak Link Between Birth Control and Breast Cancer](#)
- [New Study Finds Relationship Between Birth Control and Cancer](#)

**-Myth #36: Hydrogen water isn't better water...58:20**

- [What is Hydrogen Water? Benefits & Effects - SelfHacked](#)
- Hydrogen affects 63 different diseases because of impact on free radicals, cells, etc.
- H2 safe for stroke patients
- Parkinson's patients show improvement
- Protective effect in the brain, specifically hippocampus
- Anti-inflammatory effects, and anti-oxidative effect
- Bottom line: Ben doesn't agree...

**-Myth #37: You don't need to work out on an empty stomach to lose fat...1:03:23**

- [Fasting and Exercise: What Are the Benefits?](#)
- [Intermittent Fasting for Athletes: Benefits and Concerns](#)
- This one is partly true, but you can definitely lose fat while working out on an empty stomach
- Possible decrease in testosterone
- Can affect muscle buildup

**-Myth #38: Vitamin IV drips don't do anything for healthy people...1:06:24**

- Ben agrees with this one
- [IV Vitamin Therapy: Your Questions Answered](#)
- [BGF Podcast with Dr. Craig Koniver](#)

**-Myth #39: The fat-burning effects of high-intensity interval workouts have been exaggerated...1:08:57**

- [Fat Loss Showdown: Does HIIT or Steady State Cardio Burn More Fat?](#)
- Study showed 3x greater fat loss in a HIIT regimen vs. steady state
  - Post-exercise oxygen deficit
  - Increase in metabolic rate that stays longer than steady state exercise
- HIIT may have appetite suppressing effect
- Ben agrees that some of the claims have been exaggerated, however HIIT is superior to steady state training

**-Myth #40: The concept of a “superfood” is misleading...1:12:04**

- [Superfoods: Health Benefits, Uses and Risks](#)
- Some "superfoods" have been blown out of proportion; however some foods are clearly more nutritious than others (blueberries vs. Oreos)

**-Myth #41: There’s no reason for healthy people to avoid nightshades...1:14:40**

- [Are Nightshade Vegetables Bad for You? An Evidence-Based Look](#)
- Paleo auto-immune protocol

**-Myth #42: Celery juicewon’t cure your health problems...1:17:55**

- Ben agrees
- [Celery Juice: Benefits and Myths](#)
- Celery isn't bad for you, but its benefits are limited
- Any benefit is usually from the celery leaf, not the juice

**-Myth #43: You can lose weight without cutting carbs...1:21:07**

- [Low-Fat vs. Low-Carb? Major Study Concludes: It Doesn't Matter for Weight Loss](#)

**-Myth #44: There are no known health risks associated with eating genetically modified foods(GMOs)...1:24:00**

- Ben disagrees
- [Research Exposes New Health Risks of Genetically Modified Mosquitoes and Salmon](#)
- [Ten Scientific Studies Prove that Genetically Modified Food Can Be Harmful to Human Health](#)
- DNA from genetically modified crops have been shown to transfer to humans
- GMO cord has caused tumors in rats
- Glyphosate linked to birth defects and many more issues
- GMO risk assessment based on very little science recommendations

## **Contribution of Red Wine Consumption to Human Health Protection**

**Resources mention in this episode:**

- [The article on vice.com mentioned throughout this series](#)

- [Red Yeast Rice: Benefits, Side Effects and Dosage](#)

- [Placenta – Worth Trying? Human Maternal Placentophagy: Possible Benefit and Potential Risks](#)
- [The Two Sides of the Story: Is Microwave Radiation Harmful?](#)
- [How Crystals Work: The Science of Crystal Healing](#)
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