

THE 25 MOST

DANGEROUS

PIECES OF COMMON HEALTH ADVICE

BEWARE:

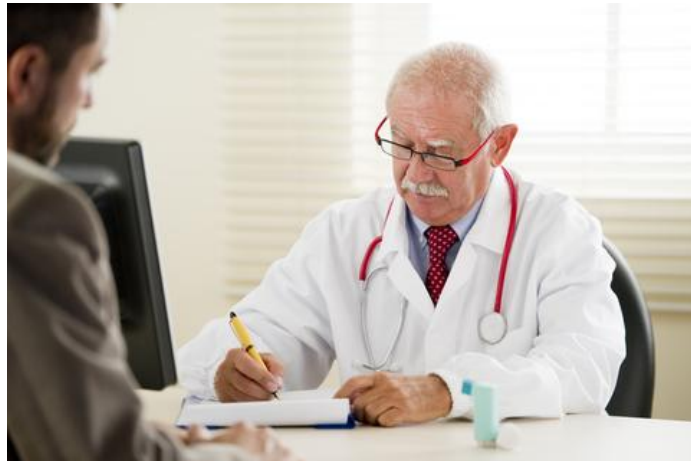
What the “experts” are telling you
can seriously hurt or even kill you...



The 25 Most DANGEROUS Pieces of Common Health Advice

There are many surprisingly common pieces of health and medical advice that are repeated so often people take them as truth

... but in fact this advice can seriously hurt or even kill you.



Adding to the problem, it is *not* only laypeople who are repeating this health advice, it is medical professionals including DOCTORS. Though many people may still consider docs demi-gods, they are anything BUT immune from errors (although, admittedly, most do mean very well). This is, by the way, the very reason why you should always [ask your doctor these 10 questions](#), which could quite literally save your life.

But even still, sometimes doctors simply spout off the health care status quo, the stuff that's been spewed for so long no one stops to ask whether it's actually good advice, whether it's really *helping* anyone ... or whether it could instead be downright harmful. It's not your doc's fault, per se. The system is very much stacked against your receiving truly unbiased health information.

Ever Wonder Why Health Insurance Companies Invest in Fast Food Chains?

Chances are you haven't, because this is probably news to you. Life and health insurance companies own close to \$2 billion worth of stock in the fast-food industry, including such investments as KFC, Taco Bell, Wendy's, Arby's, McDonald's, Burger King, Jack in the Box and more.ⁱ



Now that you know, doesn't it seem odd that companies selling life, health and disability insurance would invest in products that can make you sick, or even kill you, if consumed long term?

Aren't health insurance companies invested in *your health*?

There's Money to be Made From the "Sick" You

Insurance companies, like most mega-corporations, are in the business of making a profit, and if they can make a pretty penny investing in fast-food companies, they're going to. Plus, they *profit from you getting sicker*, because they can charge you higher premiums for their products if you have chronic diseases.

So it should come as no surprise to you at all that prior research by Harvard researchers showed that insurance companies also invest in tobacco stocks, profiting *twice*: once when you buy the cigarettes and drive up stock prices, and again in the form of higher premiums because you smoke.



The same goes for fast food ...

Of course, insurance companies are but one pawn in the "health care" game ...

How Many Prescription Drugs are You Taking?

If you're like the average American adult, you fill more than 11 prescriptions per year. And if you're 65 or over, you fill just over 31.ⁱⁱ

It's shocking, yes.

And so are these other [20 prescription drug statistics](#) that drug companies would rather you not know. Drug companies have ranked as one of the **top three most profitable industries in the world** for years.



Do you think it's because people have just evolved into beings that require drugs in order to survive and thrive ... or do you think it has something to do with their \$5-billion advertising budget (and this is for TV commercials alone)?

Or what about their \$270-million expenditures on federal lobbying? Do you think this has an impact on the number of drugs in your medicine cabinet? On the ones your doctor prescribes and recommends? It certainly does, and did you know drug companies market directly to doctors, too?

Conventional Medicine's Answer: "Drugs" and "Surgery"

The pharmaceutical industry spends nearly twice as much on advertising than it does on research and developmentⁱⁱⁱ ... and that should tell you plenty about where their real motives lie.

So if you've ever scratched your head and wondered why your doctor has no real solution other than drugs and surgery ... now you know in large part why – that is where the money lies, and health care is very much a profit-driven ... not a patient-driven ... industry.

So caveat emptor -- let the buyer beware! -- and please **do pass this ebook on to friends and family who can also benefit from the information it contains**. You probably won't hear the truth about these myths from your doctor, but knowing the facts could go a long way toward improving your health.

The 25 Worst Medical Myths

Top General Advice MYTHS!

MYTH 25: Fluoridated Water is Good for Your Teeth

Fluoride is added to more than 70 percent of U.S. drinking water supplies under the guise that it's "good for your teeth," and public health agencies are quick to cite statistics that show declining rates of tooth decay since water fluoridation began.

But rates of tooth decay have been declining similarly around the globe, including in countries that do not fluoridate their water, suggesting it is not the fluoride but other factors that are boosting people's oral health. Said researchers in the British Medical Journal:^{iv}



“Although the prevalence of caries varies between countries, levels everywhere have fallen greatly in the past three decades, and national rates of caries are now universally low.

This trend has occurred regardless of the concentration of fluoride in water or the use of fluoridated salt, and it probably reflects ... other factors, including perhaps aspects of nutrition.”

Ingesting fluoride daily in your drinking water is now incredibly controversial, not only because it's apparently virtually ineffective for reducing cavities, but because it's toxic. It's the same compound used in rat and cockroach poison, after all!

And research has linked it to an array of health problems, including reduced IQ, hardening of the arteries, dementia, bone fractures, dental and skeletal fluorosis, impaired thyroid function and more.

MYTH 24: Your Tap Water is at Least *Reasonably Safe*

You may not be so naïve as to think your tap is running water from a pure mountain spring, but you, like most Americans, probably assume your tap water is at least *safe*.



But the Environmental Working Group (EWG) has analyzed nearly 20 million records of water utility testing, and revealed that there are 315 pollutants in U.S. tap water.^v More than half of these can be present *in any amount*, as they are not subject to safety regulations. This doesn't mean they're innocuous ... only that regulators probably haven't gotten around to researching them just yet.

[See Which 10 U.S. Cities Have the WORST Tap Water... Click Above Now](#)

Many of the chemicals *are* regulated, of course, but they still sometimes show up at dangerously

excessive levels. This was the case for 49 contaminants detected by EWG, which resulted in polluted tap water for nearly 54 million Americans.

Bottled water isn't the answer either, as many bottled water brands are simply bottled *tap* water, which means you're dealing with the same concerns.

Filtering your tap water is one of the best investments you can make for your health, considering that water is so essential to human life. But... did you know you can add 4 drops of [Ultimate pH Balance](#) to your ordinary tap water and turn it into a veritable *flood* of health? [Read more here.](#)

MYTH 23: Antibiotics Will Help Your Cold, Flu and Ear Infection Go Away Faster

Antibiotics only work against bacteria, NOT viruses. Colds, the flu and even many cases of ear infections (which can be caused by bacteria or a virus) are not helped by taking these drugs. This is always the case for colds and flu, and often the case for ear infections.



One study revealed, for instance, that antibiotics are only modestly more effective than no treatment at all for an ear infection known as acute otitis media (AOM), but they caused adverse reactions, such as rash and diarrhea, in up to 10 percent of the children who took them.^{vi} Most of the children recovered just fine with no treatment at all, and were spared the antibiotic side effects.

It's to your benefit to keep your antibiotic use as limited as possible, as overuse is contributing to the spread of antibiotic-resistant disease, and you, personally, can develop drug resistance that lasts up to a year after taking antibiotics.^{vii} There are other risks too – the drugs wipe out your body's beneficial bacteria, increasing your risk of illness and may even contribute to obesity (did you know antibiotics are used in livestock as a *growth promoter!!*).

MYTH 22: You Should Avoid the Sun

Americans have become so frightened of the sun by public health agencies' warnings of skin cancer that we are now facing epidemic levels of vitamin D deficiency. The cause? Lack of sun exposure!

Vitamin D is not only necessary for your bones – it plays a role in your heart health, brain function, immune system, cancer risk and more. Lose out on this essential nutrient and you're *increasing* your risk of chronic disease, including, ironically, cancer!



In fact, outdoor workers have a lower risk of melanoma (the deadliest form of skin cancer) compared to indoor workers, which suggests that chronic sunlight exposure actually has a *protective* effect against cancer.^{viii}

Going out in the sun after slathering on sunblock won't do you any good, either, as this blocks your body's production of vitamin D (not to mention most sunscreens contain toxic chemicals to boot, like oxybenzone, an endocrine disrupter). You need sensible sun exposure on *bare* skin, and you need it regularly to optimize your vitamin D levels. When sun exposure isn't an option, you can take a vitamin D3 supplement ...

MYTH 21: Napping is Only for Babies

In many areas of the world, like the Mediterranean, napping for adults is a way of life, but this is frowned upon in the United States. This is a shame, as not only do naps lower your risk of dying from heart disease and stroke,^{ix} but they've also been found to improve creating thinking, memory and learning.

For best results, keep your naps short, from a few minutes up to a half hour (too much longer and it might make you groggy).

And if you're not sleeping at *night*, make sure you're doing that also, as it's key to your vim and vigor. Before resorting to sleeping pills, though, check out the natural ingredients melatonin, passion flower, lemon balm and more, found in [Sleepzyme](#).



Try It **FREE** Today...
[Click Above Now](#)

Top Back Pain MYTHS!

MYTH 20: Heating Pads are Good for Your Back

Did you know the conventional heat given off by most heating pads will only warm the surface of your skin, offering only minimal, short-lived relief? And if your heating pad is not adjustable, the heat can get so hot it scalds your skin, or can be too cool to provide any benefits?



These are but some of the pitfalls of typical heating pads, which are next to worthless for back pain ...

Fall asleep while using one and it can burn your skin, leading to more tissue damage than you had to start. Worse yet, electric heating pads give off electromagnetic fields (EMFs), which may interfere with body functions and, research suggests, may be linked to cancer and a weakened immune system.

Heat's impact on pain is not imaginary, however. Studies show that heat receptors located at injury sites in your body can actually block chemical messengers that allow your body to detect pain. Researchers have, in fact, stated that heat "deactivates pain at the molecular level in much the same way as pharmaceutical painkillers work."^x But an ordinary heating pad is not going to give you this type of benefit.

What will? Heating pads that use a [specific wavelength of light known as far-infrared rays \(FIR\)](#). Far-infrared rays lead to vibration effects at the molecular level, which improves transportation of oxygen and nutrients, ultimately helping to support regeneration and healing.^{xi} This is different than the type of heat given off by ordinary heating pads, which only penetrate your skin, not the deep layers of tissues underneath, where pain resides.

The thermal effect of deep heat on your tissues from [the proper far-infrared heating pad](#) causes blood vessels in capillaries to dilate,

which improves blood circulation and promotes pain-relief healing and wellness.

Myth 19: Ignore the Pain, “It’s All in Your Head”

No doctor or medical professional should ignore your pain ... first, there are safe solutions available to stop pain fast so you don’t have to suffer (one of our all-time favorites is [Rub on Relief](#), the fast-acting, all-natural, anti-inflammatory, long-lasting pain relief cream that rubs out pain on contact).

Second, pain is not imaginary, pain is an indicator that something is wrong or out of balance in your body. Ignoring this pain is a recipe for allowing it to fester and oftentimes this means it’s only going to get worse. Chronic pain should never be downplayed or ignored!

Your doc should not be telling you your pain will just “go away,” he or she should be looking for the underlying causes. For instance, if you have back or neck pain, normal wear-and-tear caused by everyday life (lack of exercise, poor posture, too much sitting, repetitive motions, heavy lifting, etc.) can lead to muscle imbalances and actual damage to your spine leading to chronic pain.

It’s these muscle imbalances that need to be addressed to make your pain go away, so your doc should be recommending a tool like the [Lose the Back Pain System](#), which takes you step-by-step through the process of identifying the exact muscle imbalances you have, and then gives you the targeted stretches and exercises you need to get fast relief.

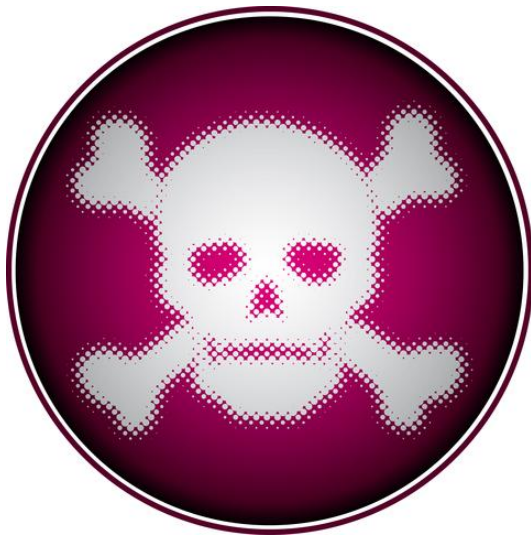


[Click Above to Learn More Now!](#)

This is the best option if you’re looking for real, lasting pain resolution for back or neck pain, as it will help to heal the underlying causes (the muscle imbalances) that triggered your pain in the first place. No matter what the source of your pain, it’s up to your doctor to work with you to heal it at the foundational level.

MYTH 18: Over-the-Counter Painkillers are “Pretty Safe”

Popular pain relievers are disturbingly dangerous to take, and that includes those sold over-the-counter (OTC), which doctors like to steer patients toward as a “simple” pain relief solution. Take aspirin, which is based on a natural product (salicylic acid derived from willow bark), making it *seem* like a safe choice. To the contrary, a recent meta-analysis published in the Archives of Internal Medicine revealed that regular aspirin users were 30 percent more likely to have serious gastrointestinal bleeding.^{xii}



[Click Above Now to See the 5 Most DANGEROUS Pain Medicines](#)

Aspirin is also linked to kidney damage, hemorrhagic stroke (which occurs when a blood vessel bursts inside your brain, leading to severe bleeding), cataracts, and hearing loss, especially among men younger than age 60.^{xiii}

A normal daily dose of aspirin can even build up in your body over time, leading to a chronic overdose. This can lead to such symptoms as fatigue, slight fever, confusion, collapse, rapid heartbeat, and uncontrollable rapid breathing.^{xiv}

Acetaminophen (Tylenol) is not much better, as if you take too much you could suffer from fatal liver damage. Sandra Kweder, M.D., deputy director of FDA's Office of New Drugs, says:^{xv}

*“Overdoses from prescription products containing acetaminophen account for **nearly half of all cases of acetaminophen-related liver failure** in the U.S., **many of which result in liver transplant or death** ... The risk of liver injury primarily occurs when patients take multiple products containing acetaminophen at one time and exceed the current maximum dose of 4,000 milligrams within a 24-hour period.”*

Regular use of acetaminophen has also been linked to kidney damage, including kidney failure.

As for Ibuprofen, this is an example of an over-the-counter non-steroidal anti-inflammatory (NSAID) ... The odds of dying from taking an NSAID drug for just two months is about 1 in 1,200. In all, about 16, 685 people die each year from NSAID-related complications, the most common of which is gastrointestinal bleeding and ulcers. Think this might make you think twice before you pop a couple of “harmless” OTC pills for your backache or headache?

MYTH 17: Cortisone Injections are a Good Choice for Back Pain

One of the most common treatments for lower back pain, cortisone injection, epidural, steroid injection, and epidural steroid injection (all of which refer to the same treatment), involve injecting a steroid into the space surrounding your spinal cord.

This helps to reduce inflammation and in some cases the related pain, but this is debatable and often only very temporary.

As reported in the journal Pain:^{xvi}

*“The best studies showed inconsistent results of epidural steroid injections. The efficacy of epidural steroid injections has not yet been established. **The benefits of epidural steroid injections, if any, seem to be of short duration only.**”*

Aside from their dubious-at-best effectiveness, steroid injections are notoriously painful to receive, not to mention expensive. And given that steroid injections do not provide long-term relief, there’s a good chance you’ll need more than one.

It’s easier than you may think to figure out where your back pain is stemming from, particularly if you check out the [Lose the Back Pain System](#).

You need to pinpoint the physical dysfunctions and muscle imbalances that are throwing your spine and the rest of your back out of proper alignment if you’re going to find long-term relief, and this is

why short-term treatments like cortisone injections nearly always fall short.

As for the pain itself, [trigger-point self-treatment](#) is often very effective, and you can do it in your own home...

Get Rid of Your Trigger Points for Fast Pain Relief



If you have aching “knots” in your back, neck or shoulders, you likely have trigger points – concentrated areas of irritated and inflamed muscles and nerves, caused by overuse or injury. Trigger points are often very painful to your lower back, but the pain may also show up where you least expect it, such in your joints or your head.

Deep manual pressure applied to trigger points has a dramatic therapeutic effect by quickly eliminating pain. You can go to a massage therapist, chiropractor or physical therapist for this, but you can also do it yourself, in the comfort of your own home, for far less money.

[Click Above to Learn More Now!](#)

Myth 16: NSAIDs are a Good Choice for Your Pain

These include over-the-counter drugs like ibuprofen (Advil, Motrin) and naproxen (Aleve), as well as prescription drugs like Celebrex. While effective in relieving pain, NSAIDs are notorious for being hard on your gastrointestinal tract, leading to potentially fatal side effects such as bleeding in your digestive tract, ulcers and perforation of your stomach or intestines.

Celebrex has even been found to *double* your risk of serious cardiovascular problems, including heart attacks, strokes, heart failure and death!^{xvii} And another study suggested taking 400 mg of Celebrex twice a day for about 33 months could increase your heart attack risk by 340 percent!^{xviii}

Other serious side effects include kidney failure and liver failure, along with, as mentioned, serious cardiovascular risk, which is sometimes fatal (such as heart attacks, stroke or death from heart disease).

Writing in BMJ, researchers noted:^{xix}

“ ... little evidence exists to suggest that any of the investigated [non-steroidal anti-inflammatory] drugs are safe in cardiovascular terms.”

You can relieve pain safely, naturally, without posing *any* risk to your heart or health, so why wouldn't you? Tens of thousands of people have already realized there are better ways than drugs...

If you want to give your body a powerful one-two punch against inflammation and pain, try using some of these [top 12 safest and most effective pain relievers](#) known ... better yet, try them *all*. Taken together, they work synergistically to relieve pain and inflammation ... and they do it without harming your health.

MYTH 15: Surgery for Back Pain Works



Rates of spinal fusion surgery increased 137 percent between 1998 and 2008,^{xx} adding *billions* of dollars to the nation's health care costs.

But chances are you'd think twice before going under the knife if you knew a study in the journal *Spine*

recently found spinal fusion patients fare *worse* than those who received nonsurgical treatment.^{xxi}

Those who received the surgery had a **significant increase in disability, prescription painkiller (opiates) use and prolonged work loss**, along with a poor probability of returning to work.

It's important to remember and realize that if you are having back pain, there's a very good chance your muscles are out of balance, and this is the source of your pain. This can happen for a variety of reasons. Body-wide imbalances in your stress levels, hormone levels and nutrition may trigger or exacerbate joint degeneration. Weak core muscles are another common issue, which can negatively impact your posture, leading to neck and back pain, and furthering degeneration.

[Muscle Balance Therapy](#), which can help generate balance and stability in your pelvis and spine, and minimize excessive wear and tear of the disc and other joints of your spine, should be one of your go-to treatments ... long before you ever consider surgery.

MYTH 14: The Best Thing to Do After a Back Flare Up is Rest

Contrary to popular belief, staying in bed if you have back pain is counterproductive.

In the journal *American Family Physician*, researchers note.^{xxii}

“Bed rest for more than two or three days in patients with acute low back pain is ineffective and may be harmful. Patients should be instructed to remain active.”

Exercise is important because without it, your back and abdominal muscles will weaken, which is one of the primary causes of back pain.

Gentle exercise, such as yoga, can also help to improve your posture and, according to the National Center for Complementary and Alternative Medicine, is one of the natural therapies that have promising evidence of potential benefit for low-back pain.^{xxiii}



At the very least, get up and get moving, going about your daily activities as best you can while addressing the underlying causes, [soothing your pain with natural options](#) and avoiding activities that exacerbate pain.

Top Diet MYTHS!

MYTH 13: Fruit Juice is Healthy



Starting your day off right should include a big glass of OJ for all of that vitamin C, right?

Wrong!

Downing a glass of juice is not much different from downing a glass of soda, as far as sugar content is concerned.

And as for the beneficial nutrients that exist in a piece of fruit – fiber, antioxidants and the like ... once it's heavily processed and reduced to packaged juice form, most of them are gone.

Drinking fruit juice is actually associated with an increased risk of colon cancer,^{xxiv} as well as an increased risk of gout, due to the large amounts of fructose it contains.^{xxv} It may also lead to weight gain because it's mostly empty calories from sugar (fructose).

So if you're drinking fruit juice for any type of health "benefit," you can stop, and this includes 100% fruit juices and the like (if you're drinking fruit "drinks," these are even worse, as many contain artificial coloring, added sugar and high fructose corn syrup, artificial flavors and more).

You may also be interested to know that even 100% "not from concentrate" orange juice is far from an all-natural product. Ever wonder why the orange juice you buy from the store tastes entirely different from the juice you get from squeezing an orange, and tastes the same *every* time (while you'd be hard-pressed to find two oranges that taste *exactly* the same)?

This is due to “flavor packs” that are added to the juice, which contain chemicals like ethyl butyrate, which is actually a chemical in orange fragrance.^{xxvi}

If you simply like juice for the taste, keep it in moderation the way you would a soda. And try cutting your serving in half by mixing juice with seltzer water for some fizz.

MYTH 12: Egg Yolks are Bad for You

Have you fallen into the egg-white omelet trap, thinking you’re doing your cholesterol a favor by avoiding those unhealthy egg yolks? Egg yolks are actually an incredibly nutrient-dense source of food, providing protein and vitamin D, along with the antioxidants lutein and zeaxanthin, carotenoids that help prevent age-related macular degeneration, a leading cause of blindness.

Egg yolks are also the richest source of choline around. This B vitamin may help prevent cancer, protect your liver, guard against dementia and prevent DNA damage, not to mention being essential for your baby’s brain during pregnancy. Plus, choline can reduce homocysteine levels in your blood, which can help to *reduce* your risk of heart disease (not raise it like so many fear eating eggs will do!).



As for your cholesterol, it’s true that egg yolks contain it, but this needn’t make you worry. Cholesterol is *good for you* and essential for your body in the proper amounts, and research has shown that even if you eat eggs every day it doesn’t produce an increase in cholesterol levels, or have a negative effect on your risk of heart disease.^{xxvii}

Plus the entire notion that saturated fat like that in egg yolks causes heart disease is based on flawed science too, as you can read in myth # 10.

MYTH 11: Eating Fat Will Make You Fat

If you haven't yet heard, eating low-fat is not the key to weight loss, because fat isn't what makes you fat. Carbs, especially sugary, starchy carbs like soda, cookies, candy, white bread, pasta, and the like, are the leading culprits in weight gain.

Researchers from the University of Alabama showed that even a modest reduction in *carb* consumption helped participants lose deep belly fat and also lower total body fat – **more so than those who ate a *low-fat* diet.**^{xxviii}

Even nutrition experts from the Harvard School of Public Health told food industry leaders at a conference last year to “avoid “low-fat” terminology and thinking, since diets low in fat are often high in sodium and carbohydrates from sources such as white flour and rice, refined snacks, and sugary drinks.”

Instead, the panelists said, chefs should focus on cutting trans fats from their menus and educating consumers about seeking out healthy fats.^{xxix}

What constitutes a healthy fat might also surprise you ... see below...

MYTH 10: Saturated Fat Causes Heart Disease



Saturated fats are vilified by doctors and public health agencies, but they are absolutely necessary for numerous bodily functions, including those that impact your cell membranes, hormones, immune system, bones, heart, lungs and more.

The theory that saturated fats cause heart disease first came about in the 1950s, when Dr. Ancel Keys published a flawed study using cherry-picked data, which unfortunately caught on.

Today, however, evidence is pouring in that saturated fats needn't be shunned. In one meta-analysis of 21 studies involving nearly 350,000 people, researchers concluded that **there is no significant evidence** for concluding that dietary saturated fat is associated with an increased risk of heart disease.^{xxx}

Another study found that cutting saturated fats in your diet and replacing them with carbs, particularly refined carbs, is a terrible move for your health, leading to insulin resistance, obesity, increased triglycerides and reduced HDL (good) cholesterol.

These researchers noted that dietary efforts to improve heart disease risk should focus on **limiting intake of refined carbs and losing weight** – not reducing saturated fat!^{xxxi}

MYTH 9: Artificial Sweeteners are Good “Diet” Food

Many professional nutritionists will advise you to consume artificial sweeteners in lieu of sugar, but this is a recipe for a disaster in the making.

Fake sweeteners have been linked to a myriad of health problems from cancer to kidney problems to brain damage, but putting that aside, they’ve also been linked to *weight gain*.

If you’re using them to lose weight or avoid “fattening” sugar, then the joke is, sadly, on you.

For instance, studies have linked artificial sweeteners to increased carb cravings, and they’re known to stimulate appetite and fat storage.

Is it any wonder, then, that research has shown rats that consume artificial sweeteners consume more calories, gain more weight and put on more body fat than rats that don’t?^{xxxii}

That’s right!

Eating artificial sweeteners can make you fat, so even if you’re not worried about the other health issues they can cause (did we mention they’re also linked to inflammatory bowel disease?), ditching them may help you to avoid significant weight gain.



MYTH 8: All Forms of Sugar are Equal

Food companies like to say high fructose corn syrup (HFCS) is just another natural sweetener, but it's actually more likely to make you fat.

When you consume food and drinks made with regular old-fashioned cane sugar or beet sugar you get a perfectly balanced 50/50 match of fructose and glucose. This means every fructose molecule is bound to a glucose molecule and must go through an extra metabolic step before it becomes fuel for your body.

HFCS on the other hand has more fructose (that's why it's called "HIGH fructose"). Roughly 55% of high fructose corn syrup is fructose and 42% is glucose. The rest of it is made of larger sugar molecules called higher saccharides.

Now guess what happens thanks to this sugar molecule imbalance? Those extra fructose molecules go straight to your gut to be stored as extra fat.

In fact, Princeton University researchers found that long-term consumption of HFCS in rats leads to abnormal increases in body fat, especially in the abdomen, along with a rise in circulating blood fats called triglycerides.^{xxxiii} The HFCS rats gained 48% more weight compared to those fed a normal diet!

Their conclusion?

"Translated to humans, these results suggest that excessive consumption of HFCS may contribute to the incidence of obesity."

MYTH 7: Processed Foods Aren't *That* Bad

You know processed foods aren't *good* for you, but are they really *that bad*? In a word ... YES.



Hidden within the ingredients list on most processed foods are additives that really have no business being eaten.

Food manufacturers use them to make foods more palatable and alluring (such as colors, emulsifiers, thickeners and texturizers), as well as to make them last longer and keep from spoiling (preservatives).

Food manufacturers sell more of their products by using food additives while oftentimes saving money on costs ... but what do they do for you?

In some cases, they **put your health at risk**.

For instance, potassium bromate, a dough conditioner widely used in white flour, bread, and other baked goods, is known to cause cancer.

And propyl gallate, a preservative to keep fats and oils from going rancid, is a hormone-mimicking chemical that has estrogen-like properties.

There are many others, of course, and you can [discover the 12 Food Additives to BEWARE of Most here](#) ...

MYTH 6: Cereal is a Healthy Breakfast Food

What could be healthier than a bowl full of bran flakes to start your day? How about a couple of eggs with sautéed spinach? Or a smoothie made with full-fat yogurt, fresh fruit and whey protein powder? Or even leftovers from last night's chicken stir-fry?

If you're eating a cereal marketed to kids, you know better ... these are notoriously loaded with sugar and artificial colors and flavors. You may as well eat candy.



But even *healthy* cereals – the bran flakes, the oat clusters, the shredded wheat and such – fail miserably when it comes to breakfast because they're lacking two important variables your body needs to get up and running: protein and healthy fat. You can get some of this from milk, but you're probably drinking "skim" – another dietary "fail" (see Myth #11 above). And for the most part, this is a breakfast full of carbs (see Myth #10).

As [Al Sears, MD, wrote here](#):

*"Guess what they feed a pig if they want to make it as fat as possible as fast as possible? **Low-fat milk.***

Because if they give the pig milk with fat in it, the pig gets satiated. It's satisfied and won't eat any more. But if they give it low-fat milk, it will eat the grain they feed it forever because it'll have a deficiency of fat.

Now think of what we're eating for breakfast in this country ... If you don't want to get fat you're told to drink low-fat milk, and corn or wheat or oat-based cereal.

It's the prescription to make you as fat as possible as quickly as you can get there. You'll never stop wanting to eat because you're never getting any food that causes satiation."

Top Exercise MYTHS!

MYTH 5: Sit-ups are the Best Way to Get Six-Pack Abs

If you're doing crunches in the hopes of *toning* your tummy, you're on the right track, as ab work will help to get those muscles in shape.

BUT, you'll never see them as a "six-pack" if they're covered in a layer of fat, and you'll never be able to do enough crunches to melt that fat away.



To [lose belly fat](#), you need whole-body exercise, and strength training in particular will help you gain muscle, which is one of the best ways to help your body burn more calories, even while you're at rest.

High-intensity exercise is also important, as research shows that high-intensity exercise training is more effective for reducing total abdominal fat, subcutaneous abdominal fat, and abdominal visceral fat (the most dangerous kind) compared to lower intensity workouts.^{xxxiv}

This is a *good* thing ... since the intensity is so high, you can [get a full workout in only four minutes](#) ... no kidding!

Once you lose the belly fat, through a combination of both exercise and dietary strategies (cutting down on sugar is also important), then you can target your ab muscles with sit-ups and other targeted abdominal work to create that perfect chiseled appearance.

MYTH 4: You Should Chug as Much Water as You Can During Exercise

It's commonly believed that you must chug water before, during and after exercise to improve performance and prevent dehydration. But the latest research shows that this advice is not based on science, and may be putting runners at risk of hyponatremia, which occurs when your tissues begin to swell as the result of drinking too much water.

Hyponatremia is a life-threatening condition that has killed more than a handful of marathon runners, but it can happen to anyone who is over-hydrating. In his book *Waterlogged: The Serious Problem of Overhydration in Endurance Sports*, Dr. Tim Noakes explains that people have been scared into drinking too much fluid during exercise, a habit that actually *worsens* athletic performance.^{xxxv} The best, and healthiest, choice, he says, is to let thirst be your guide.

Drink when you're thirsty, no more, no less, and you should stay properly hydrated.

MYTH 3: More Cardio is Better Than Less

Are you one of those dedicated gym rats who prides yourself on staying on the elliptical machine longer than everyone else?

Get ready for a breakthrough, as the latest research shows less is actually more when it comes to cardio – that is, if you do it *right*.



The secret lies in interspersing periods of high-intensity activity along with brief periods of rest. This is known as high-intensity interval training. Researchers stated:^{xxxvi}

“High-intensity interval training (HIT) induces skeletal muscle metabolic and performance adaptations that resemble traditional endurance training despite a low total exercise volume.”

In other words, you can get the same benefits of a longer cardio workout in a fraction of the time! One of the authors noted:

“We have shown that interval training does not have to be ‘all out’ in order to be effective.” In fact, “doing 10 one-minute sprints on a standard stationary bike with about one minute of rest in between, three times a week, works as well in improving muscle as many hours of conventional long-term biking less strenuously.”

Recent research suggests you can, in this way, burn more fat and more calories by exercising less than you have in the past.

If you're new to this, check out [The NO Excuse Workout](#), which includes 2 DVDs each packed with 10 short, intense workouts.

Every workout is exactly 4 minutes long, broken down into 8 specific sets. Each set lasts for 30 seconds — 20 seconds of intense exercise, and 10 seconds of rest. That's right, the workout is ONLY 4 minutes ... that's why it's called No Excuses!

Just 4 MINUTES PER DAY!
[Click Below Now...](#)



Top Anti-Aging MYTHS!

MYTH 2: You Can't Reverse the Aging Process



Today many people look and feel much OLDER than they really are due to a range of bad habits that can be reversed.

You can impact how fast your body ages by making smart lifestyle choices – healthy diet and exercise are important, yes, but so are stress relief, proper sleep, and avoiding aging-accelerators like excessive alcohol or smoking.

Even exfoliating your skin can take years off your appearance by helping to remove dead skin cells that weigh down and suffocate aging skin.

This improves skin moisture and boosts the activity of skin-protecting antioxidants.

You are very much in control when it comes to aging ... and don't let anyone tell you otherwise!

Which brings us to the #1 biggest myth...

MYTH 1: Living to 100 is All in Your Genes

Many centenarians do have long-lived relatives, but it's certainly not a requirement.

The truth is, people have lived to 100 even though they've smoked and eaten bacon for breakfast – there are always those exceptions.

But many centenarians do have similar traits in common ([read about 10 of them here](#)).

Very few centenarians are obese and most are actually quite lean.

Centenarians tend to avoid overeating, they eat their veggies (lots of them) and they stay active even in their older years.

But one of the *biggest* factors appears to be their outlook on life.



Centenarians usually report being very satisfied with their lives; they're happy, optimistic, energetic, outgoing people who maintain strong social connections with friends and family, and with their communities.

They handle stress well and they have a *love for life*.

If you expect to live into your second century, you've got to keep exploring, keep learning, keep active ... you've got to keep living!



**What are the World's
12 MOST POWERFUL
Natural Pain Relievers?
[Click Above Now!](#)**

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