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Perspective

Whenever I examine research, I try to present it in a non-sensational way. What are the numbers? Do the numbers really mean something in our everyday lives or IRL as I said the other day? I've written about numerous research studies that have made headlines. Sometimes the headlines are accurate but many times, the data doesn't mean anything IRL. What you have to understand is that when it comes to real life, whether something is meaningful depends on your perspective.

For the hard-working farmer growing organic strawberries, more vitamin C is important and makes his product better. For the hard-working conventional farmer growing strawberries, they seem to be about the same as organic so that means his product is almost as good for less money.

For a public health official, eating meat every day causing a difference in colon cancer rates of one out of ten thousand people is meaningful. For a consumer who eats red meat only twice a week, that doesn't seem like a big deal.

In both cases, the numbers remain the same but depending on your perspective, it can mean different things. The critical issue is that the information be presented accurately and without bias. That's what I try to do: examine what's being said and let you know what's real. In that way, you can make an informed decision about how to get healthy and fit. I'll keep doing that—you keep reading.

What are you prepared to do today?

Dr. Chet

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