



June 29, 2011 – Grand Rapids, MI

Legit or Not, Part 2

This series of messages is helping prepare you to evaluate some of the information you may get in health newsletters or found in some health websites. In this message I'm going to talk about experts.

Some health writers like to quote people who are reputed to be experts in their field. That raises several questions. First, who said they were experts? Anyone can claim to be anything they want, but is there a reason they're an expert? Again, copy the name and paste it into your search engine to see what comes up. Is the person a legitimate expert, having done research in the field that's supposed to be their area of expertise? Also, do they have the academic credentials to match their attributed level of expertise? That's important because that means they have the correct background. If the finest orthopedic surgeon in the world advised you to change your hair color, you'd take it with a big grain of salt. If he tells you what supplements your child should take, grab the salt again. It's not his area.

By the way, being an "adjunct professor" doesn't really mean much unless the person actually teaches at the institution. That's also simple to check out by going to the institution's website and searching for the expert's name. Sometimes when I've checked, the supposed expert was never affiliated with the institution.

If you're up for a challenge, check out Otto Warburg. I won't tell you anything more, but see what you can find out. Just be sure to dig deep. Final part in next Wednesday's message, and the following Saturday I'll tell you what I've found out about Otto Warburg.

What are you prepared to do today?

Dr. Chet

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The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

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