

Strategies for Healthy Living

Knowledge

- Be skeptical when the advice is a new fad, sounds too good to be true, only one person is promoting the solution, the solution is extreme, and the fix is based on supplements or "30-day plans" (for example)
- Pay attention to sources of information. Blogs, Instagram, influencers, TikTok, and Reddit are typically not reliable sources.
- Talk to a medical professional (e.g., physicians educated in nutrition or registered dietitians)
- Look for evidence-based information (peer-reviewed research) which can be found on Google Scholar and through accredited organizations such as The American College of Lifestyle Medicine and websites such as nutritionfacts.org, etc.
- Learn how to read and understand research
- Check credentials when working with or getting advice from a "professional"
- Work with a personal trainer or physical therapist to learn proper forms of exercise
- Get strategies for better health and wellness with a board certified health coach or behavior analyst
- Use Dr. Greger's Daily Dozen app to track your daily intake of whole, plant foods, but check with a professional to make sure this is an appropriate guide for you

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