

SUMMER SELF-CARE

Week 1 • June 9, 2020

Knowledge is Power

This week's takeaways

1. Visualization of data is vitally important for representing data correctly
2. Evaluating sources based on their citations, the communicators credentials, and the content displayed is important for identifying correct scientific information
3. Some claims made by supplements are not evaluated by the FDA

Read completely

When you see an article, read the whole thing, don't rely on the beginning of the article or the title alone.

Primary literature

If you have the ability to do so, go back to the primary sources. If you see an article which cites a primary source, read through that article and other related sources.

Who said it?

Ensure that the person or website relaying the information is a reliable source. Look for proper credentials.

Do your research

Don't blindly accept something because you saw one source, make sure to evaluate a variety of sources.

Coming up!

June 16

Don't sleep on sleep

June 23

Decoding that diet you saw on the internet

June 30

The Ins and Outs of Menopause

July 7

Training Your Immune System

July 14

Making Your Habits Stick

July 21

Genetics, Nutrition, and Aging

July 28

Move your way to a better day

August 4

More Than a Gut Feeling

August 11

Viral History

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