

# **Obesity: Let's not be alarmist but get the facts right**

There is too much alarmist surround sound on obesity. Yes, it can be problematic but before we jump to “cure” here's some good news. Recent research shows there is no increased risk of mortality from obesity if other metabolic factors are in check, like B

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## **Carbohydrates get a bad rap**

“Carbs make you fat”. “Carbs are unhealthy”. “Too much carbs raise your blood sugar”. Carbs get a bad rap and oftentimes unfairly so. What's the evidence behind these claims?