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Only young women are affected' - an eating disorder misconception many

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believe. Healthista spoke to dietitian Jane Clarke about the myths to be aware of ...

Eating disorders: 6 myths to be aware of

Biggest Myths you Should Stop Believing Right Now. Eggs are a

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powerhouse of nutrition, rich in protein, vitamins, and essential minerals, and not to forget healthy fats.

11 Biggest Weight Loss Myths you Should Stop Believing Right Now  
This food not only revs up your

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metabolism but helps to remove calories from your system during digestion, helping you get rid of belly fat.

The One Thing To Eat To Get Rid Of  
Belly Fat, Says Dietitian  
Daniel E Lieberman, Harvard



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Professor of evolutionary biology, explodes the most common and unhelpful workout myths Yesterday ... physical activity costs calories that until recently were always ...

Just don ' t do it: 10 exercise myths  
There is an overload of information

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around nutrition, especially with the advent of social media. Unfortunately, some of the trends online are hyped, and serve no purpose to anyone. Falling prey to ...

5 misconceptions about nutrition that you must do away with right now

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Today, Evolve Daily shares seven nutrition myths hurting your diet. 1) It ' s all about calories The most pervasive myth in human nutrition is that all calories are the same. This is what they teach you ...

## 7 Nutrition Myths Hurting Your Diet

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The science behind nutrition is a treasure trove of myths and speculation. One such tale is the existence of negative calorie foods, which use up more calories to be digested than they provide to ...

Myth Debunked: Do negative calorie

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foods exist?

Discover The  
Myths And Facts In Calorie  
Physical therapists debunk myths  
about fitness like feeling sore equals a  
good workout, big muscles are better,  
and running ruins your knees.

Physical therapists debunk 14 more  
myths about exercise and fitness

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Buzzfeed put together ten tired old myths that a lot of people ... energy that up to a fifth of the calories you eat go toward keeping your brain working. Myth #3: Dogs see in black-and-white.

10 old myths most of us still believe

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Here's fact checking some of the most popular diet myths. We have all followed them ... to your water but if not it will only add extra calories. It's not that having honey, lemon and hot water ...

Top 6 Common Diet Myths Busted By

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Nutritionist

Discover The  
You may think you are eating to be kind to your waistline - but is that the case? Lucy Elkins looks at the truth behind some healthy eating myths...  
MYTH: Hamburgers help pile on the pounds.



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Healthy eating myths exposed

Here is the final part of our investigation into dieting myths and facts. Myth: Many dieters may miss out breakfast, believing that their bodies will burn more calories if they have not eaten ...

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More dieting myths and facts

Here is one email question that I would like to discuss in order for others to understand the facts and the myths of healthy ... not allow the body to burn fat calories as you would think, they ...

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## Weight Loss Myths

They identified, reviewed, and classified obesity-related myths and presumptions ... clear that it will help prevent obesity later in life. Myth 7: Sexual activity burns a significant amount of ...

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Health Column: Seven myths of weight loss

Low-fat food means low-calorie ...

Click here for more wellness myths.

Answers from Dr. Tim Johnson. 1.

Your muscle turns to fat when you stop working out. Myth. It's a myth, but many see people ...

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## Exposed Discover The

Wellness Quiz: Test Your Health IQ  
Obviously, if myths are not true, but people believe them, they can become a barrier. Any person can believe a myth, from your neighbor to a professional ... hence burning more calories. Anyway, the ...

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## Exposed Discover The

Torres column: 8 exercise myths she shared some of the most common myths that her patients believe and which she lovingly clarifies not to be true. Dr Ritu Sethi: No, you should not be eating for two. Your calorie intake should ...

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## Exposed Discover The

10 Pregnancy Myths Debunked By  
Doctor, From ' Morning ' Sickness  
To Eating For Two

There are many myths surrounding  
exercise and understanding what is  
best ... That instinct is normal because  
physical activity costs calories that

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until recently were always in short supply, and still ...

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