

## Latest Articles

[Stop Ditching the Dairy](#) 

[Keeping the Coach in Science-Based Coaching \(External article on Rippedbody.com\)](#) 

[A Trainer's Guide to Building Muscle](#) 

## Video Research Reviews

[The Pitfalls of Bodyfat "Measurement": BIA & Skinfolds Strike Again](#)

## Insulin...An Undeserved Bad Reputation Series

[Part 1](#)

[Part 2](#)

[Part 3: Insulin & Dairy Products](#)

[Part 4: The Biggest Insulin Myth of Them All](#)

[Part 5: Addressing the Critics](#)

[Part 6: The Biggest Insulin Myth, Continued...](#)

[Part 7: The Finale](#)

## Fat Loss

[Fasted Cardio: An Undeserved Good Reputation](#)

## Nutrition

[Stop Ditching the Dairy](#)

[No, You're Not Addicted To Sugar](#)

[Protein Before or After Your Workout?](#)

[Is High Fructose Corn Syrup Worse Than Sugar?](#)

[Increasing Protein, or Decreasing Carbohydrate...Which Gives You a Metabolic Advantage?](#)

[Do Dietitians Accurately Report Their Food Intake?](#)

[Speed Eating: Do You Feel Less Full?](#)

[Eat Slow, Eat Less](#)

[Can Calcium and Vitamin D Help Reduce Fat Gain?](#)

[Good Calories, Bad Calories...The Mythology of Obesity, or the Mythology of Gary Taubes?](#)

[Superhype Juices](#)

[Antioxidant Insanity](#)

## **Body Fat Testing**

[The Pitfalls of Body Fat "Measurement", Part 1](#)

[The Pitfalls of Body Fat "Measurement", Part 2 - Hydrostatic Weighing](#)

[The Pitfalls of Body Fat "Measurement", Part 3 - The Bod Pod](#)

[The Pitfalls of Body Fat "Measurement", Part 4 - Bioelectrical Impedance \(BIA\)](#)

[The Pitfalls of Body Fat "Measurement", Part 5 - Skinfolds](#)

[The Pitfalls of Body Fat "Measurement", Part 6 - Dual-Energy X-Ray Absorptiometry \(DEXA\)](#)

[The Pitfalls of Body Fat "Measurement", The Final Chapter](#)

[The Pitfalls of Bodyfat "Measurement": BIA & Skinfolds Strike Again](#)

[Cheat Your Body Fat Test](#)

## Long-Term Weight Loss

[How Successful Are U.S. Citizens at Maintaining Long-Term Weight Loss?](#)

[Why Is It So Easy To Regain Weight?](#)

[Physical Activity and Weight Regain](#)

## Physical Activity

[Omron Exam: How Accurate Are These Pedometers?](#)

[Testing the Phillips Directlife Accelerometer](#)

[Too Much Sitting May Be Hazardous To Your Health](#)

## Muscle

[The 50 Calorie Per Pound of Muscle Myth](#)

## Sleep

[Snooze to Lose](#)

## Thinking Better

[Part 1 - The False Dichotomy](#)

[Part 2 - Confirmation Bias](#)

[Part 3 - Non Causa Pro Causa](#)

[Part 4 - The Straw Man](#)

[Part 5 - The Ad Hominem](#)

[Extraordinary Claims Require Extraordinary Evidence](#)

## Other

[Jello to Rid the Jiggles? The Effects of Gelatin on Weight Maintenance](#)

[The Scam of Skin Antioxidant Testing](#)

[The Crap That Is Colon Cleansing](#)

[Airborne Insanity](#)

## External Articles

[A Trainer's Guide to Building Muscle](#) 

[Keeping the Coach in Science-Based Coaching \(External article on Rippedbody.com\)](#) 

[Individual Differences: The Most Important Consideration for Your Fitness Results that Science Doesn't Tell You \(External Article on Bretcontreras.com\)](#)