

## Video Research Reviews

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

## Insulin...An Undeserved Bad Reputation Series

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## Fat Loss

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

## Nutrition

[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?](#)

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

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

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## **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 \(BIA\)](#)

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[Cheat Your Body Fat Test](#)

## **Long-Term Weight Loss**

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[Physical Activity and Weight Regain](#)

## Physical Activity

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[Testing the Phillips Directlife Accelerometer](#)

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

## Muscle

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## Sleep

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## Thinking Better

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[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](#)

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