

# Miscellaneous Articles

Here you'll find articles that don't fit under the [Muscle Gain](#) or [Fat Loss](#) categories.

## Nutrition

[Superhype Juices](#)

[Antioxidant Insanity](#)

## Physical Activity

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

## Coaching

[Keeping the Coach in Science-Based Coaching \(External\)](#)

## Individualization

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

## Thinking Better Series

[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

[The Scam of Skin Antioxidant Testing](#)

[The Crap That Is Colon Cleansing](#)

[Airborne Insanity](#)