

that are using articles as their source material, rather than looking at studies, looking at statistics, looking at information from peer-reviewed journals.

"People can come up with questions on [the validity of] anything," Caldes noted. "If something takes you to the CDC, I give that a certain amount of weight—or a Pew Research study, or a study coming out of Stanford. Could there be problems with it? Sure. But it's not coming from these organizations that are just scouring the internet and writing things."

Caldes considers Facebook, in particular, "a dumpster fire" of online info-sharing. While he found value in it during the Camp Fire aftermath, with immediate updates and connections to aid, "that was the first bright light I've seen in social media in a while."

His recommendation: "Do not use Facebook to get your news and information. If you post and share,

Primary source:
Go to tinyurl.com/healthcred to find Health Feedback's report on its credibility review.

you are part of the problem—you're just spreading information that was interesting to you that you didn't do enough work to fully evaluate, but you're willing to pass that on."

Lewis, too, sees certain lines of value in the social media sphere. She suggested Twitter feeds from the county public health department and other reputable sources as ways to stay informed. Yet, she well understands the double-edged sword that unsheathes.

"It's all in the way you use it," she said of social media. As she tells her students, when going online, "there's a wealth of information available. It's a remarkable resource. Like any tool, you have to use it wisely." □

WEEKLY DOSE

Diabetes? Go vegan

Over 100 million Americans live with diabetes or prediabetes, and a key factor in preventing, controlling and even overcoming the metabolic conditions is diet. The Office of Disease Prevention and Health Promotion indicates that about 75 percent of the U.S. population doesn't eat enough vegetables and fruits. Switching to a plant-based diet can help! New research published by three international institutions suggests that going vegan could have a beneficial impact on your health, increasing certain gut hormones that are reduced by eating meat and cheese. These healthy hormones help control glucose levels and regulate blood pressure, insulin production and energy levels, which has "important implications for those with type 2 diabetes or weight problems," says one of the authors of the study. Diet change is difficult, so if you're reluctant to take the full vegan plunge, consider going plant-based three or four days each week, cutting back on meats and cheese, and adding more plants to your meals.

Source: Medical News Today



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Years in Business

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Orthodontics

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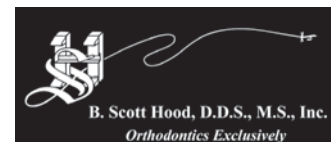
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Years in Business



Green Friendly

Terrain Park Climbing Center

Owners Paul Hendricks & Mitch Robison

Terrain Park Climbing Center is Chico's first and only public indoor climbing and recreation facility! TPCC's mission is to become a focal point for the local climbing and outdoor adventure community, and develop Chico's climbing culture to its full potential. The gym is designed to keep fitness fun, providing a comfortable and stimulating environment for members to socialize and express themselves. TPCC is deeply committed to community and sharing the climbing and outdoor recreation culture. The owners firmly believe that anyone can greatly improve their lifestyle and state of mind through climbing, slacklining, fitness, and personal relationships with like-minded individuals.



TPCC is a place for all climbers of any skill level! With over 120 bouldering routes and no age restrictions, you can find something for every member of the family!

Check TPCC out online, Instagram, or Facebook and be on the lookout for more fun community events coming up! They hope to see you soon!



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