Why are we influenced by health and wellness advice from celebrities?

See Student Health 101, March 2016.

**BAD CELEBRITY HEALTH ADVICE**
Singer Katy Perry revealed in 2013 that she was taking a daily cocktail of more than 20 vitamins. Don't do it.

**GOOD SCIENCE-BASED HEALTH ADVICE**
- Vitamin supplements may make us more susceptible to certain cancers and other dangers, according to meta-analyses of studies by the Cochrane Collaboration and other sources.
- “We believe that the case is closed—supplementing the diet of well-nourished adults with (most) mineral or vitamin supplements has no clear benefit and might even be harmful. These vitamins should not be used for chronic disease prevention. Enough is enough.” —Editorial, *Annals of Internal Medicine* (2013)

**WHAT TO DO INSTEAD**
“Eat food, mostly plants, not too much.” (Michael Pollan)

Caveat: Some people with certain medical, dietary, or environmental conditions may benefit from specific supplements.

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