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*“How much sugar is too much?”*

*“Yolks will spike your cholesterol levels!”*

*“Lose the running shoes and go barefoot.”*

*“Are whole body vibration workouts effective?”*

*“Insanity can help you shed 30 lbs in 60 days.”*

How do you know which health claims are true?

Come to EWSNetwork’s “*What’s New, What’s True*” LNL to get the facts straight on:

* Eggs – How many? Yolk or no yolk? Should I get omega-3 eggs?
* Added Sugar – How to cut back, what’s too much, culprits.
* High intensity interval training – Safe? Effective? For me?
* Vibration Platforms – What does the latest research say?
* Barefoot running – Does it trump running shoes?

