

## CEP Magazine – February 2018 Advice worth taking

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By Kristy Grant-Hart

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Have you noticed that nutritional advice seems to change and contradict itself all the time? Drink coffee; it's good for you. Caffeine is terrible; avoid it at all costs. Eat chocolate. Don't eat chocolate. Drink wine, but only red wine. Don't drink alcohol at all. It's enough to make you run to the store to buy lettuce (almost).

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