

POPULAR MEDIA PUBLICATIONS

- Opinion piece on the evidence for the usefulness of tea in glycemic control (emanated from our systematic review listed below):

<https://www.health24.com/Diet-and-nutrition/News/opinion-can-tea-really-lower-your-blood-sugar-20201020>

- Newspaper article on the dangers and lack of efficacy of the hCG diet:

<https://www.timeslive.co.za/ideas/2020-11-17-this-quack-diet-is-a-waste-of-money-and-potentially-harmful-doctors/>