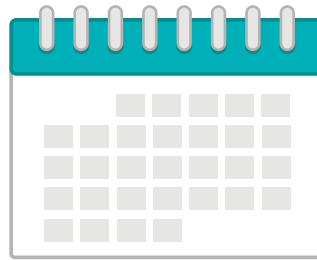


How to Interpret a Study

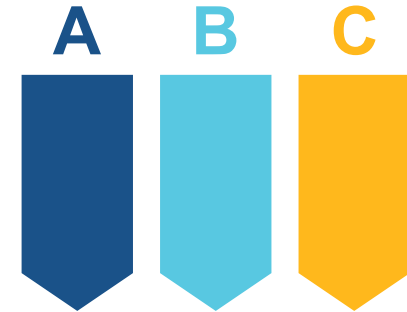
Six questions to ask when you are reading a study



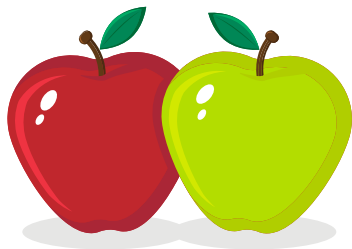
1. Who published the study?



2. When was the study published?



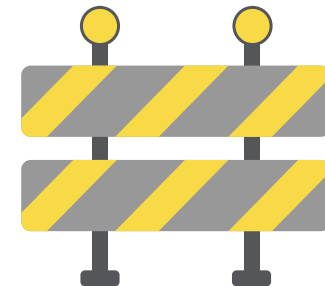
3. What type of study is it?



4. Are you comparing apples to apples?



5. What is the p-value and how was the data collected?



6. What are the limitations of the study?