Topic:

Summary: The World Health Organization (WHO) has issued new guidelines stating that non-sugar sweeteners do not help with weight control in the long term and may have potential adverse effects with long-term use. This contradicts the common perception that swapping sugar for non-sugar sweeteners is a healthier choice. Non-sugar sweeteners are often found in processed foods, which tend to be higher in energy and lack nutritional value. The WHO advises reducing the intake of free sugars (sugars added to foods) and suggests that the best advice for a healthy diet will come from a professional dietitian.

Primary Tags: Health, Nutrition, WHO, Guidelines

Secondary Tags: Weight Control, Non-sugar sweeteners, Sugar, Dietary Advice

Link: <https://www.abc.net.au/news/2023-05-21/the-who-non-sugar-sweeteners-weight-loss-guidelines/102351010>

Quotes: "Non-sugar sweeteners are often marketed as a low kilojoule or natural alternative to sugar. And they are often paired with terms like "diet" or "sugar-free". This makes us think they're healthy, but it's all marketing."

Media: <https://www.who.int/news/item/15-05-2023-who-advises-not-to-use-non-sugar-sweeteners-for-weight-control-in-newly-released-guideline>

Topic: Trust in relationships.

Summary: Trust is an absolute definitional void, it is a concept swimming in vagueness. Trust is a psychological state in which you express the willingness to be vulnerable based on positive experiences with others.

Quotes: Adam Philips, “risk masquerading as a promise.” “Trust is a word we often put too much trust in” Rachel Botsman “trust is a confident engagement with the unknown” “trust is a leap of faith” “transparency doesn’t always lead to trust, sometime transparency leads to surveillance which is the opposite of trust. Trust is what you live with what you don’t known, if you always have to known your not trusting.”

Link: