

Čáry-máry-fuk: ČOKOLÁDA ŤA ZBAVÍ NADVÁHY

O tom, ako funguje vedecká metóda



Zuzana Masárová

Bývame obklopaní množstvom informácií

Intake of Carotenoids and Retinol in Relation to Risk of Prostate Cancer

Edward Giovannucci, Alberto Ascherio, Eric B. Rimm, Meir J. Stampfer, Graham A. Colditz, Walter C. Willett*

Background: Several human studies have observed a direct association between retinol (vitamin A) intake and risk of prostate cancer; other studies have found either an inverse association or no association of intake of β -carotene (the major provitamin A) with risk of prostate cancer. Data regarding carotenoids other than β -carotene in relation to prostate cancer risk are sparse. **Purpose:** We conducted a prospective cohort study to examine the relationship between the intake of various carotenoids, retinol, fruits, and vegetables and the risk of prostate cancer. **Methods:** Using responses to a validated, semiquantitative food-frequency questionnaire mailed to participants in the Health Professionals Follow-up Study in 1986, we assessed dietary intake for a 1-year period for a cohort of 47 894 eligible subjects in-

... incidence but suggest that tomato-based foods may be especially beneficial regarding prostate cancer risk. [J Natl Cancer Inst 1995;87:1767-76]

Throughout the Western world, prostate cancer is a large and growing problem. Without reductions in incidence or improvements in treatment, about 40 000 men in the United States will die annually from this malignancy by the year 2000 (1). The success in treating advanced prostate cancers remains poor, drawing attention to dietary factors that may influence risk of this malignancy, particularly animal fat, retinol, and carotenoids (2,3). Adequate levels of vitamin A or retinol are necessary for the normal control of both cellular differentiation and proliferation (4), and various retinoids have displayed the ability to inhibit carcinogenesis in animal models (5), including prostate

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Existuje fínska štúdia, ktorá potvrdila vyšší výskyt cievnych mozgových príhod práve po posune času. **Jedna britská štúdia zas hovorí o zvýšení rizika srdcového infarktu dva dni po zmene času.** Nevieme, aká je bezprostredná príčina tohto javu, ale zrejme súvisí s narušením spánkového cyklu, fragmentáciou spánku alebo s desynchronizáciou viacerých biologických rytmov, napríklad kortizolu, stresového hormónu, ktorého najvyššia hladina je ráno, alebo melatonínu, ktorého koncentrácia je zas ráno najnižšia. Najčastejší výskyt cievnej mozgovej príhody alebo infarktu myokardu je pritom v ranných hodinách. Všetky procesy v našom tele, dokonca i choroby, sa teda podliehajú istým rytmom.

Children who walk to school concentrate better | ScienceNordic

scienordic.com/children-who-walk-school-concentrate-better ▼ [Preložiť túto stránku](#)

30. 11. 2012 - **Children who walk to school concentrate better.** November 30 ... Almost 20,000 schoolchildren aged 5-19 participated in the **study**. The pupils ...

Boys find it harder to concentrate at school, ESRI study finds

<https://www.irishtimes.com/.../boys-find-it-harder-to-concentrate-...> ▼ [Preložiť túto stránku](#)

7. 11. 2017 - The **study found children reported** to be overweight or who had a poor diet were **more** likely to come from lower income families. Photograph: ...

Hot classrooms harm children's academic performance, study finds

<https://www.telegraph.co.uk > News > Science> ▼ [Preložiť túto stránku](#)

30. 5. 2018 - Hot classrooms harm **children's** academic performance, **study finds**. Save ... **more** likely to be "distracted, agitated and **find it harder to focus**".

10 Evidence-backed Tips to Teach Kids Focus and Concentration ...

<https://raising-independent-kids.com > All posts> ▼ [Preložiť túto stránku](#)

29. 5. 2017 - Helping young **children concentrate** is important, especially when they ... One **study found** that self-regulated learners are **more** likely to take on ...

Journal of Personality and Social Psychology, 100, 407-425.

www.apa.org/pubs/journals/psp/index.aspx

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0022-3514/10/\$12.00 DOI: 10.1037/a0021524

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Feeling the Future: Experimental Evidence for

Anomalous Retroactive Influences on Cognition and Affect

Cornell University

The term *psi* denotes anomalous processes of information or energy transfer that are currently unexplained in terms of known physical or biological mechanisms. Two variants of *psi* are *precognition* (conscious cognitive awareness) and *premonition* (affective apprehension) of a future event that could not otherwise be anticipated through any known inferential process. Precognition and premonition are themselves special cases of a more general phenomenon: the anomalous retroactive influence of some future event on an individual's current responses, whether those responses are conscious or nonconscious, cognitive or affective. This article reports 9 experiments, involving more than 1,000 participants, that test for retroactive influence by "time-reversing" well-established psychological effects so that the individual's responses are

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Background: Several human studies have shown an association between retinol (vitamin A) and prostate cancer; other studies have shown no association or no association of major provitamin A with risk regarding carotenoids other than beta-carotene. A prospective cohort study to examine the intake of various carotenoids, vitamins, and the risk of prostate cancer. Responses to a validated, semiquantitative questionnaire mailed to participants in the follow-up study in 1986, we analyzed the data for a 1-year period for a cohort of 47,812 men.

Has the world gone coco? Eating chocolate can help you LOSE weight

GOOD news slimmers! New research claims that eating chocolate can actually help you beat the bulge.

Facebook 215 | Tweet 15 | Share 1 | 228

By Laura Mitchell / Published 30th March 2015



CHOCOHOLIC: New research reveals that eating chocolate can actually help you lose weight (GETTY)

...ska štúdia, ktorá potvrdila vyšší výskyt cievnych mozgových ... po posune času. **Jedna britská štúdia zas hovorí o zvýšení rizika infarktu dva dni po zmene času.** Nevieme, aká je bezprostredná príčina, ale zrejme súvisí s narušením spánkového cyklu, nedostatku spánku alebo s desynchronizáciou viacerých biologických procesov, ako napríklad kortizolu, stresového hormónu, ktorého najvyššia hladina sa vyskytuje v krvi ráno, ktorého koncentrácia je zas ráno najnižšia. ... t cievnej mozgovej príhody alebo infarktu myokardu je ... hodinách. Všetky procesy v našom tele, dokonca i choroby, ... ťm rytmom.

Children who walk to school
www.sciencenordic.com/children-who-walk-to-school
30. 11. 2012 - Children who walk to school
schoolchildren aged 5-19 participated

Boys find it harder to concentrate
<https://www.irishtimes.com/.../boys-find-it-harder-to-concentrate>
7. 11. 2017 - The study found children from lower income families are more likely to come from lower income families

Hot classrooms harm children
<https://www.telegraph.co.uk/News/UK/12000000/Hot-classes-harm-children.html>
30. 5. 2018 - Hot classrooms harm children
to be "distracted, agitated and find it harder to concentrate"

10 Evidence-backed Tips to Teach Children
<https://raising-independent-kids.com/All/10-evidence-backed-tips-to-teach-children>
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found that self-regulated learners are more likely to succeed

...ology, 100, 407-425. © 2011 American Psychological Association
<http://www.apa.org/pubs/journals/0022-3514/10/3/407> DOI: 10.1037/a0021524
... final version published in the APA journal. It is not the copy of record.

Experimental Evidence for Precognition and Premonition: The Influence of Precognition and Premonition on Cognition and Affect

Cornell University

... processes of information or energy transfer that are not understood in terms of known physical or biological mechanisms. Two types of precognition are *premonition* (conscious cognitive awareness) and *precognition* (unconscious cognitive awareness). Precognition and premonition are themselves related phenomena: the anomalous retroactive influence of precognition on an individual's current responses, whether those responses are conscious or nonconscious, cognitive or affective. This article reports 9 experiments, involving more than 1,000 participants, that test for retroactive influence by "time-reversing" well-established psychological effects so that the individual's responses are ...

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Background: Several human studies have shown an association between retinol (vitamin A) and prostate cancer; other studies have shown no association or no association with risk regarding carotenoids other than beta-carotene. Prospective cohort studies examining the intake of various carotenoids and the risk of prostate cancer are sparse. In a prospective cohort study to examine the intake of various carotenoids and the risk of prostate cancer, we used responses to a validated, semiquantitative questionnaire mailed to participants in the Nurses' Health Study Follow-up Study in 1986, we examined the risk of prostate cancer for a 1-year period for a cohort of 47 812 men.

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Tarjany saw that a molecule
the moss produced could
selectively alter the double
helix of cancer cell DNA.

Children who walk to school
[sciencenordic.com/children-who-walk-to-school](https://www.sciencenordic.com/children-who-walk-to-school)
30. 11. 2012 - Children who walk to school
schoolchildren aged 5-19 participated in a study that found that walking to school was associated with a lower risk of obesity.

Boys find it harder to control anger
<https://www.irishtimes.com/.../>
7. 11. 2017 - The study found that boys are more likely to come from lower income families and are more likely to be aggressive.

Hot classrooms harm children
<https://www.telegraph.co.uk/News/.../>
30. 5. 2018 - Hot classrooms harm children, study finds. Children in hot classrooms are more likely to be "distracted, agitated and find it harder to concentrate".

10 Evidence-backed Tips to Teach Your Child
<https://raising-independent-kids.com/All/.../>
29. 5. 2017 - Helping young children concentrate. Research found that self-regulated learners are more likely to succeed in school.

CHOCOHOLIC: New research reveals that eating chocolate can help you lose weight (GETTY)
... when they ... One study ...

conscious or nonconscious, cognitive ...
involving more than 1,000 participants, that test for the presence of "time-reversing" well-established psychological effects so that the individual's responses are ...

... mozgových
... šení rizika
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... ššia hladina
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Association
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Effect

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Vedecká metóda

Je jedným zo základných kameňov poznania.



Rigorózný proces:

- 1) Otázka
- 2) Hypotéza / Predpoveď
- 3) Test / Experiment
- 4) Pozorovanie
- 5) Analýza
- 6) Záver a implikácie

Štúdie sú opakovateľné, publikované v recenzovaných časopisoch.

Kocky



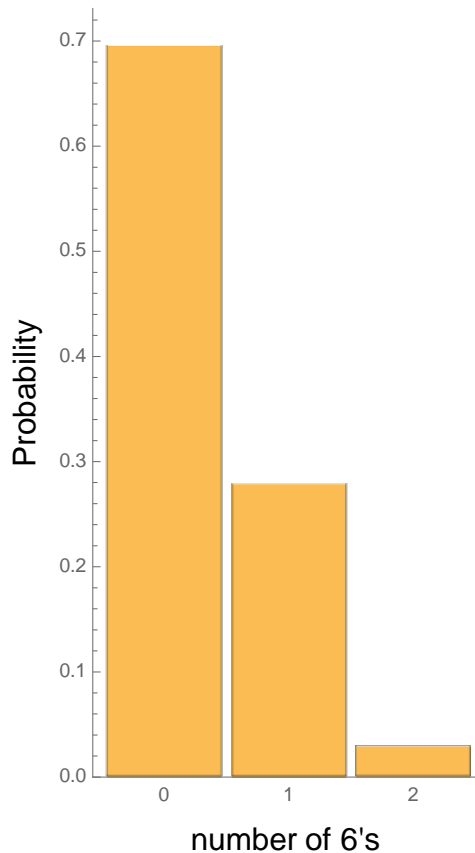
- 1) Hod' si 15x kockou a spočítaj, koľkokrát z týchto hodov ti padla 6ka.
- 2) Je tvoja kocka férová alebo navážená? Ako by si dokázal svoje tvrdenie?

Kocky

Nápad: kocka je navážená, ak priveľakrát padá jedno číslo
... ale, čo už je veľa?

Kocky

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... ale, čo už je veľa?

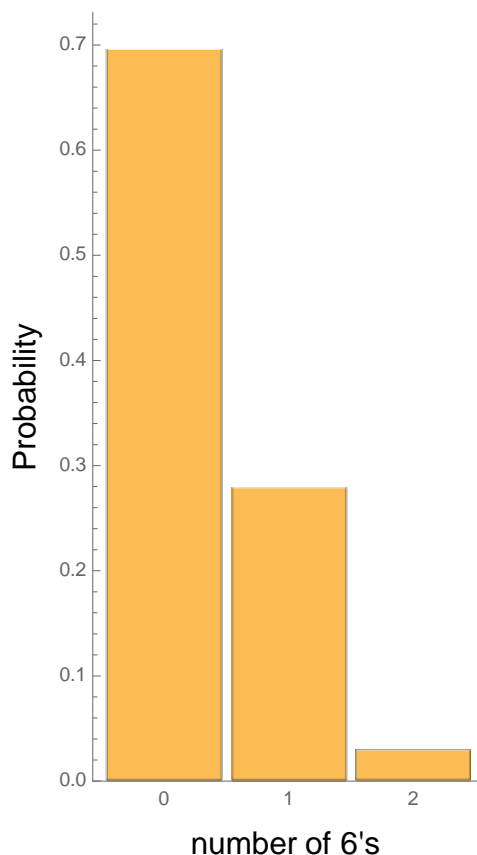


Možné kombinácie, ak hádžem 2x:

1 1	2 1	3 1	4 1	5 1	6 1
1 2	2 2	3 2	4 2	5 2	6 2
1 3	2 3	3 3	4 3	5 3	6 3
1 4	2 4	3 4	4 4	5 4	6 4
1 5	2 5	3 5	4 5	5 5	6 5
1 6	2 6	3 6	4 6	5 6	6 6

Kocky

Nápad: kocka je navážená, ak priveľakrát padá jedno číslo
... ale, čo už je veľa?



Možné kombinácie, ak hádžem 2x:

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1 5	2 5	3 5	4 5	5 5	6 5
1 6	2 6	3 6	4 6	5 6	6 6

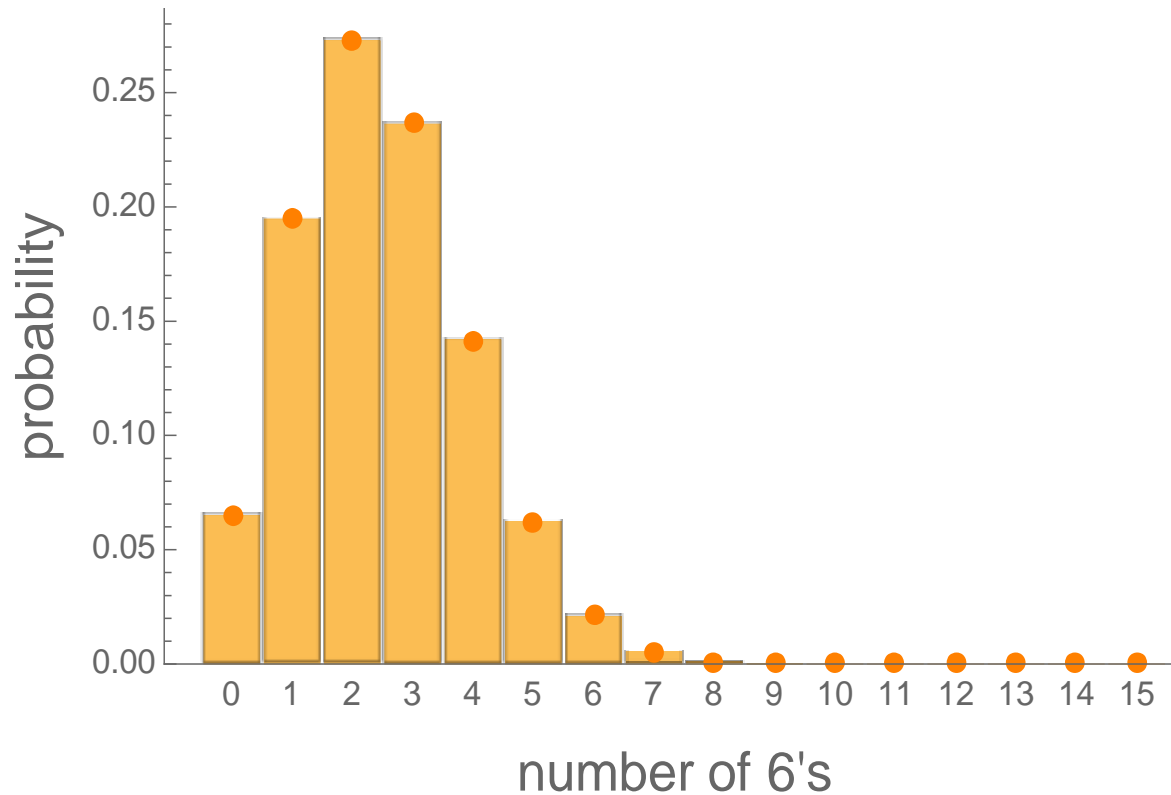
Pravdepodobnosť

$$0 \times 6ka = \frac{\text{[yellow box]}}{36} = \frac{25}{36} = 69.4 \%$$

$$1 \times 6ka = \frac{\text{[orange box]}}{36} = \frac{10}{36} = 27.8 \%$$

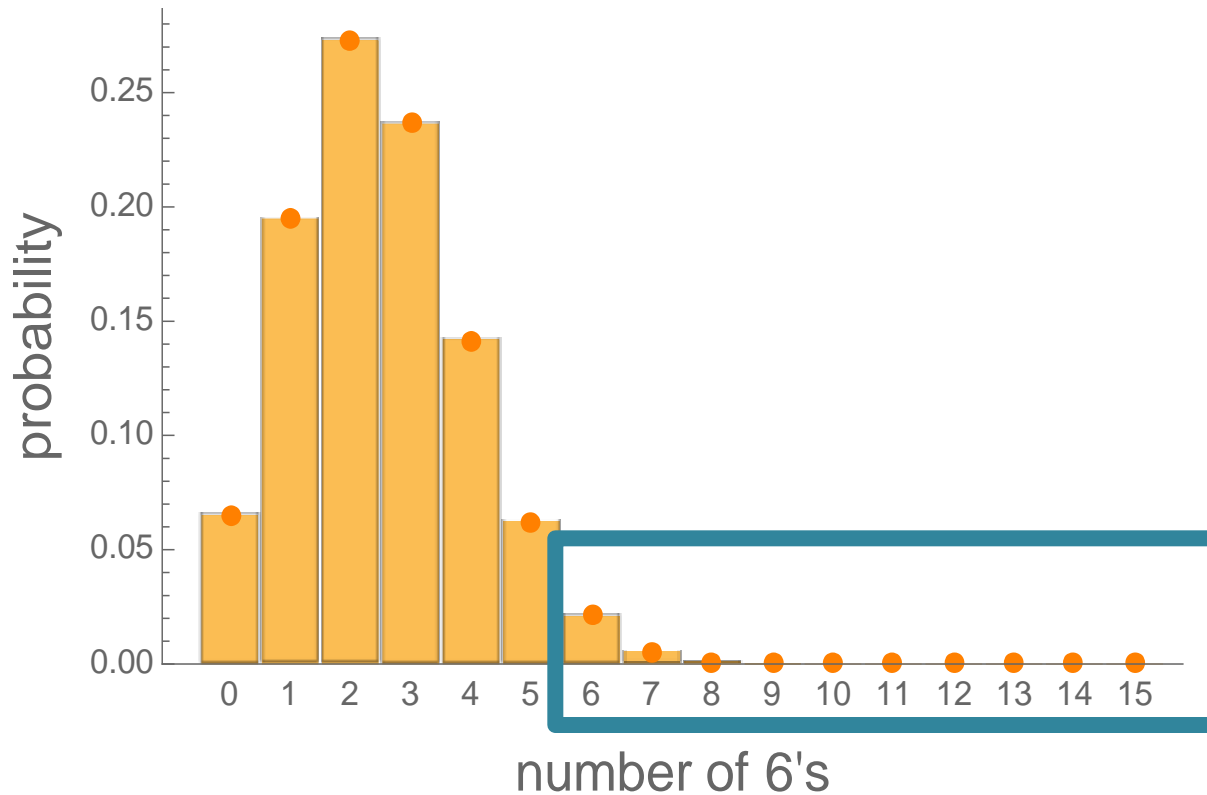
$$2 \times 6ka = \frac{\text{[red box]}}{36} = \frac{1}{36} = 2.8 \%$$

15 hodov kockou:



Koľko 6tiiek z 15 hodov je už fakt brutál šťastie?
Akože, skoro nemožné s normálnou kockou?

15 hodov kockou:



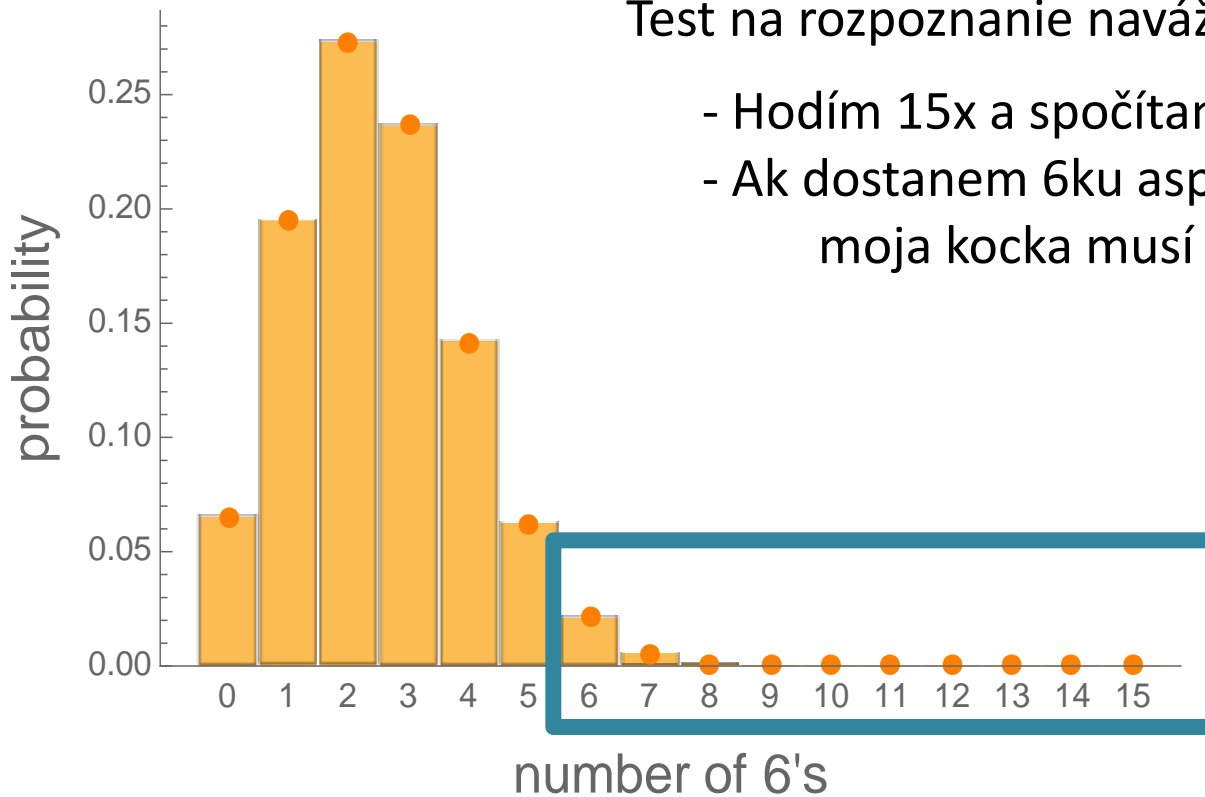
Koľko 6tiiek z 15 hodov je už fakt brutál šťastie?
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*Pravdepodobnosť hodenia 6 alebo viac
6tiiek z 15 s normálnou kockou je <5%. TO STAČÍ!*

15 hodov kockou:

Test na rozpoznanie naváženej kocky:

- Hodím 15x a spočítam, koľkokrát padne 6ka
- Ak dostanem 6ku aspoň 6x, moja kocka musí byť navážená!



Koľko 6tiiek z 15 hodov je už fakt brutál šťastie?
Akože, skoro nemožné s normálnou kockou?

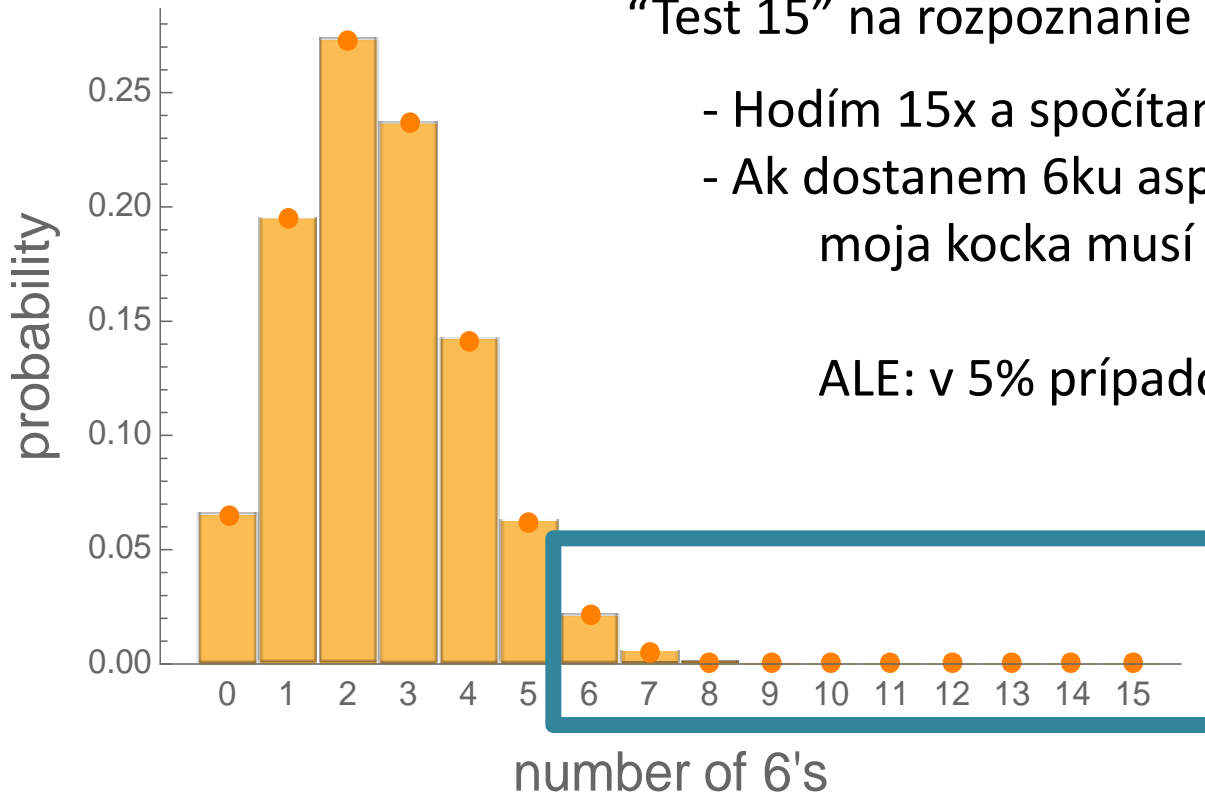
*Pravdepodobnosť hodenia 6 alebo viac
6tiiek z 15 s normálnou kockou je <5%. TO STAČÍ!*

15 hodov kockou:

“Test 15” na rozpoznanie naváženej kocky:

- Hodím 15x a spočítam, koľkokrát padne 6ka
- Ak dostanem 6ku aspoň 6x, moja kocka musí byť navážená!

ALE: v 5% prípadov môj test zlyhá.



Koľko 6tiiek z 15 hodov je už fakt brutál šťastie?
Akože, skoro nemožné s normálnou kockou?

*Pravdepodobnosť hodenia 6 alebo viac
6tiiek z 15 s normálnou kockou je <5%. TO STAČÍ!*

Je kocka navážená?



Možné výsledky:

V skutočnosti kocka

JE navážená

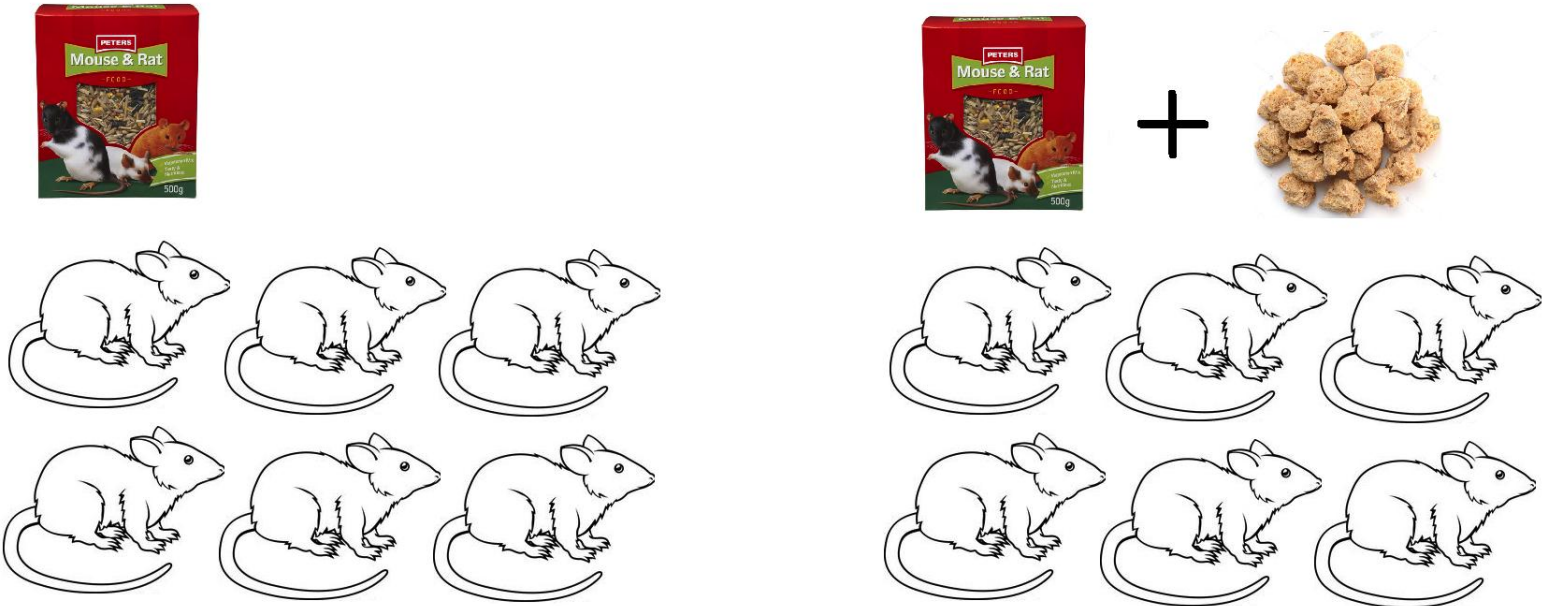
NIE JE navážená

**V “teste 15”
mi vyjde**

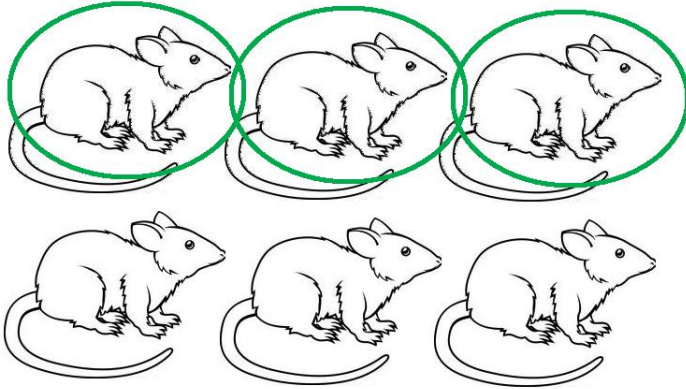
JE navážená

NIE JE navážená

Ako funguje vedecká štúdia... s evidence-based method



Ako funguje vedecká štúdia... s evidence-based method



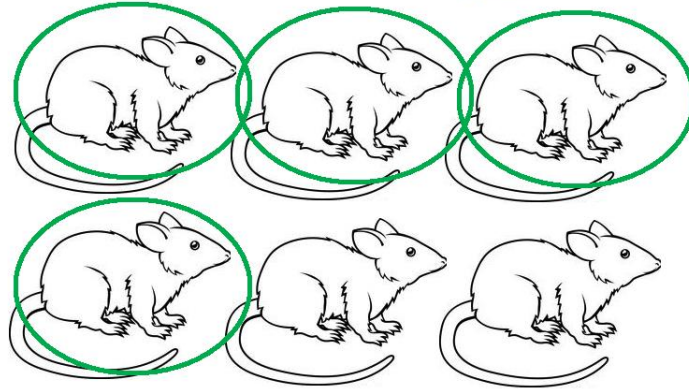
Kontrolná skupina:

50%

potkanov zomrie na rakovinu



+

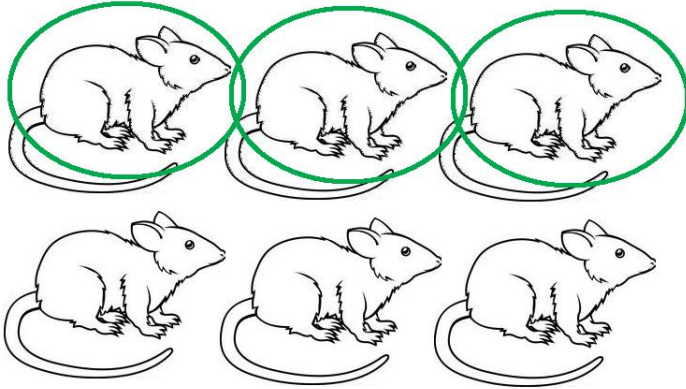


Kontrolná skupina:

65%

potkanov zomrie na rakovinu

Ako funguje vedecká štúdia... s evidence-based method



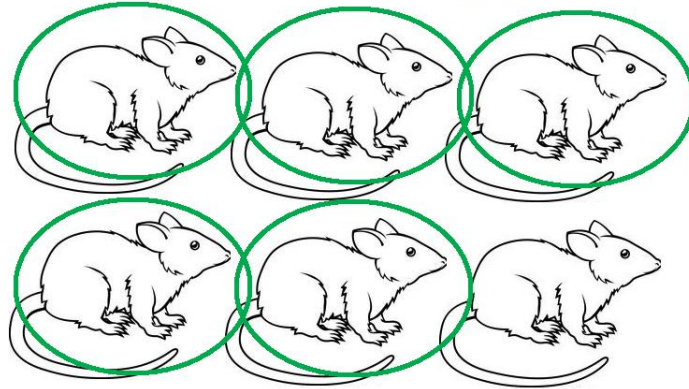
Kontrolná skupina:

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potkanov zomrie na rakovinu



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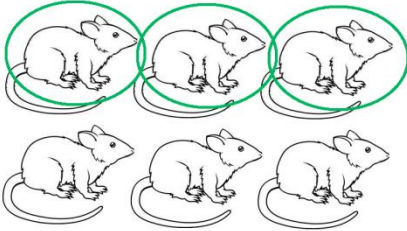


Kontrolná skupina:

85%

potkanov zomrie na rakovinu

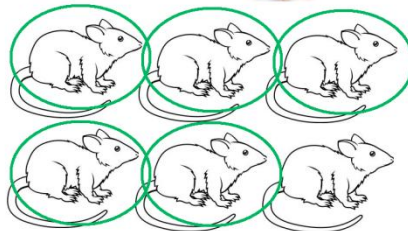
Ako funguje vedecká štúdia... s evidence-based method



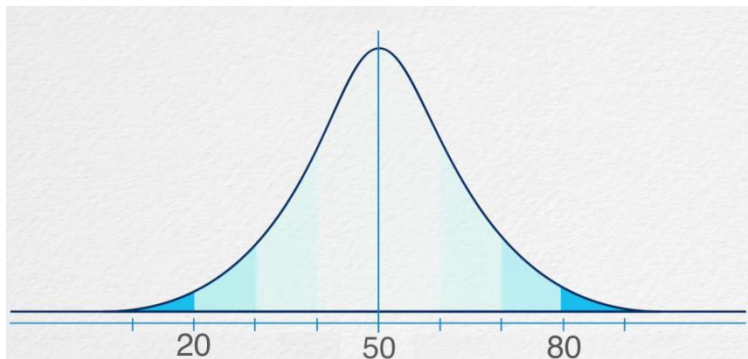
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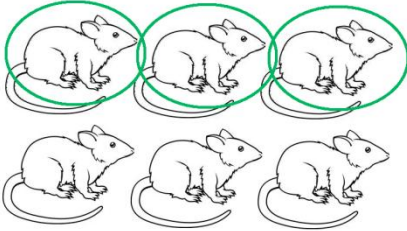
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Kontrolná skupina:
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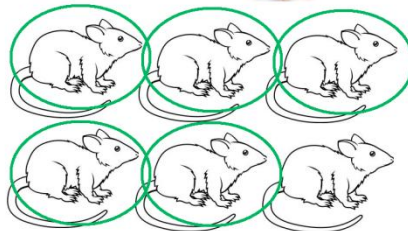
Ako funguje vedecká štúdia... s evidence-based method



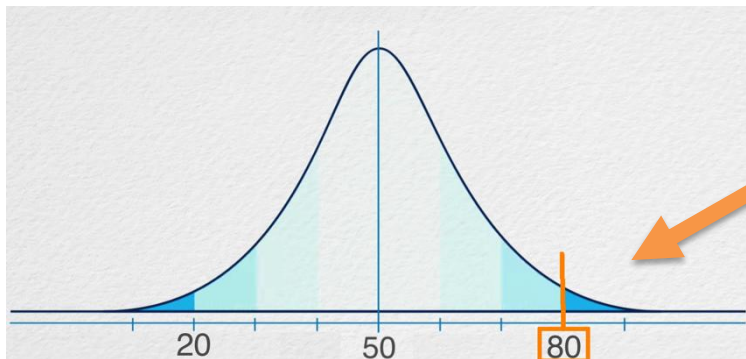
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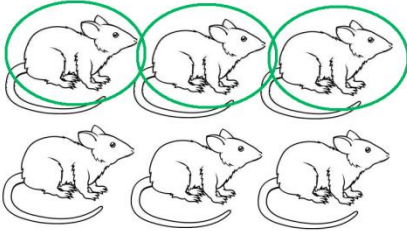
Kontrolná skupina:
85%
potkanov zomrie na rakovinu



p-value

*Pravdepodobnosť, že
dosiahnem p-value
alebo vyšší výsledok je
5%*

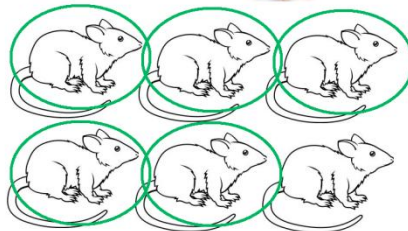
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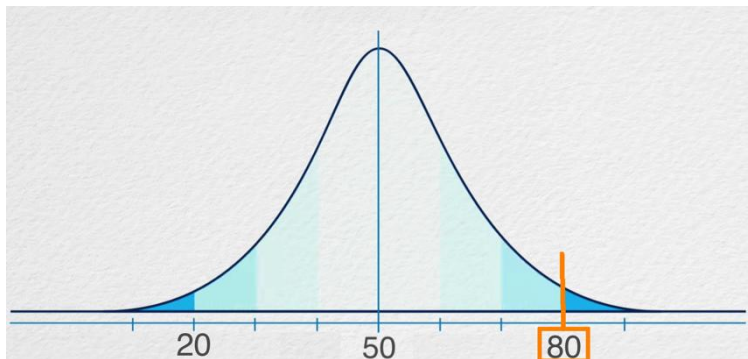
Kontrolná skupina:
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Kontrolná skupina:
85%
potkanov zomrie na rakovinu



p-value

Môj
záver

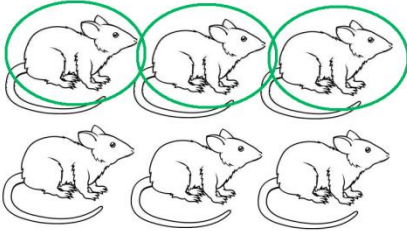


má vplyv



nemá vplyv

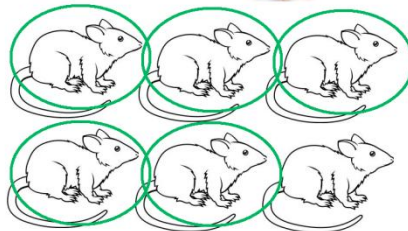
Ako funguje vedecká štúdia... s evidence-based method



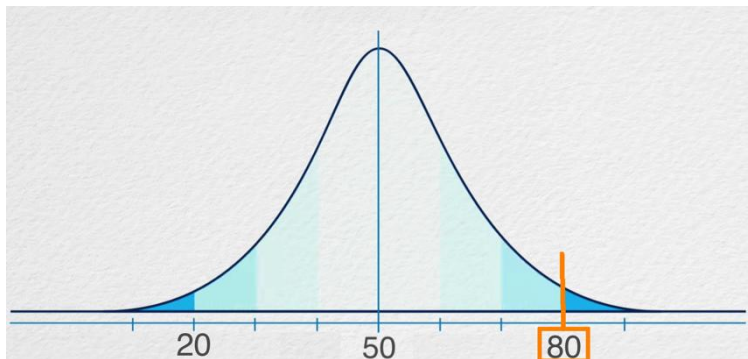
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potkanov zomrie na rakovinu



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Kontrolná skupina:
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potkanov zomrie na rakovinu



p-value

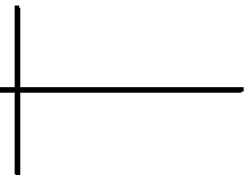
Môj
záver



má vplyv

nemá vplyv

V skutočnosti
má vplyv nemá vplyv



Možné výsledky

V skutočnosti

má vplyv

nemá vplyv

má
vplyv

CORRECT RESULT

INCORRECT

**Môj
záver**

nemá
vplyv

INCORRECT

CORRECT RESULT

Možné výsledky

V skutočnosti

má vplyv

nemá vplyv

má
vplyv

CORRECT RESULT

FALSE

**Môj
záver**

nemá
vplyv

FALSE

POSITIVE

CORRECT RESULT

NEGATIVE

Možné výsledky

V skutočnosti

má vplyv

nemá vplyv

**Môj
záver**

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CORRECT RESULT

5%

FALSE

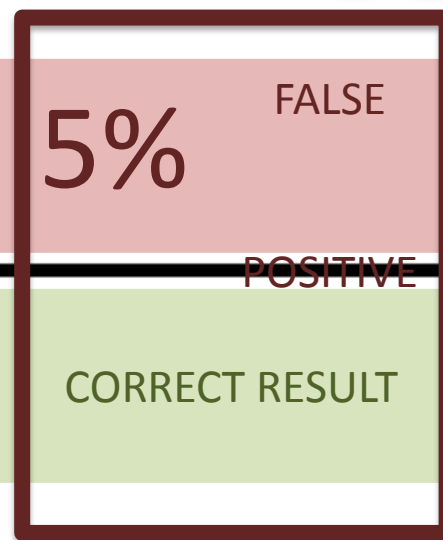
nemá
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FALSE

POSITIVE

CORRECT RESULT

NEGATIVE



Možné výsledky

V skutočnosti

má vplyv

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**Môj
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CORRECT RESULT

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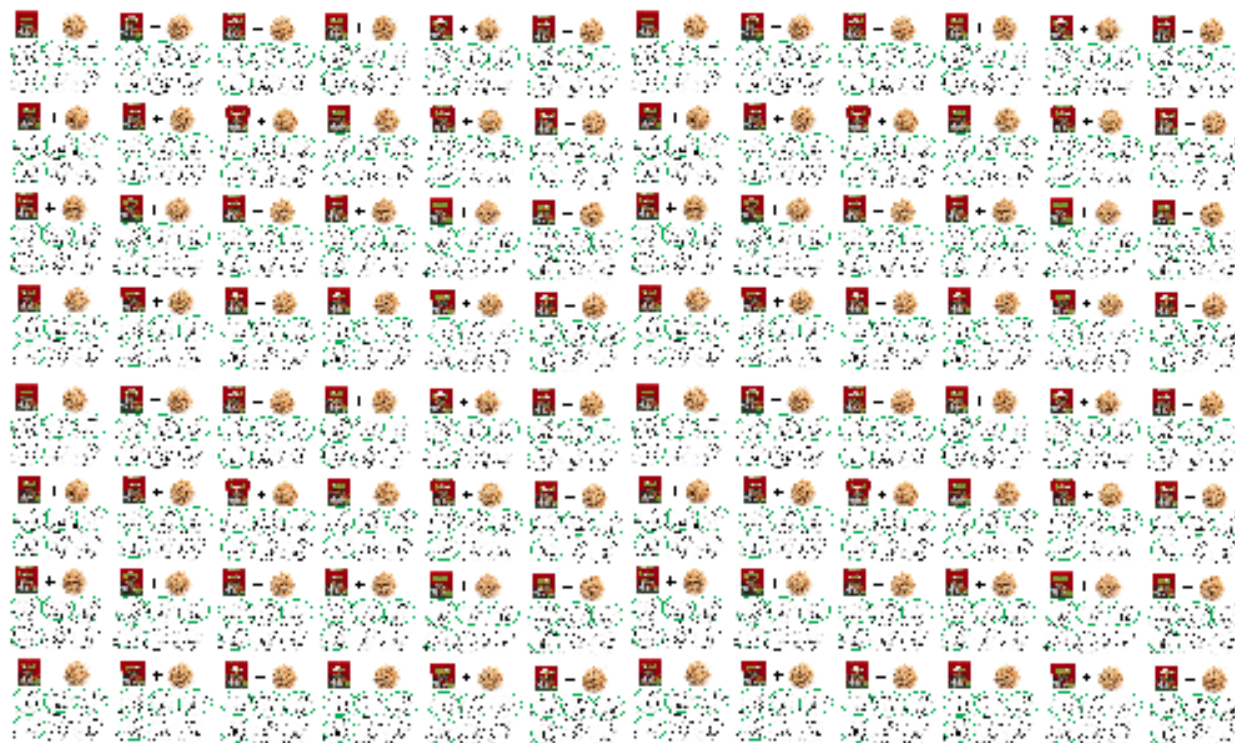
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POSITIVE

CORRECT RESULT

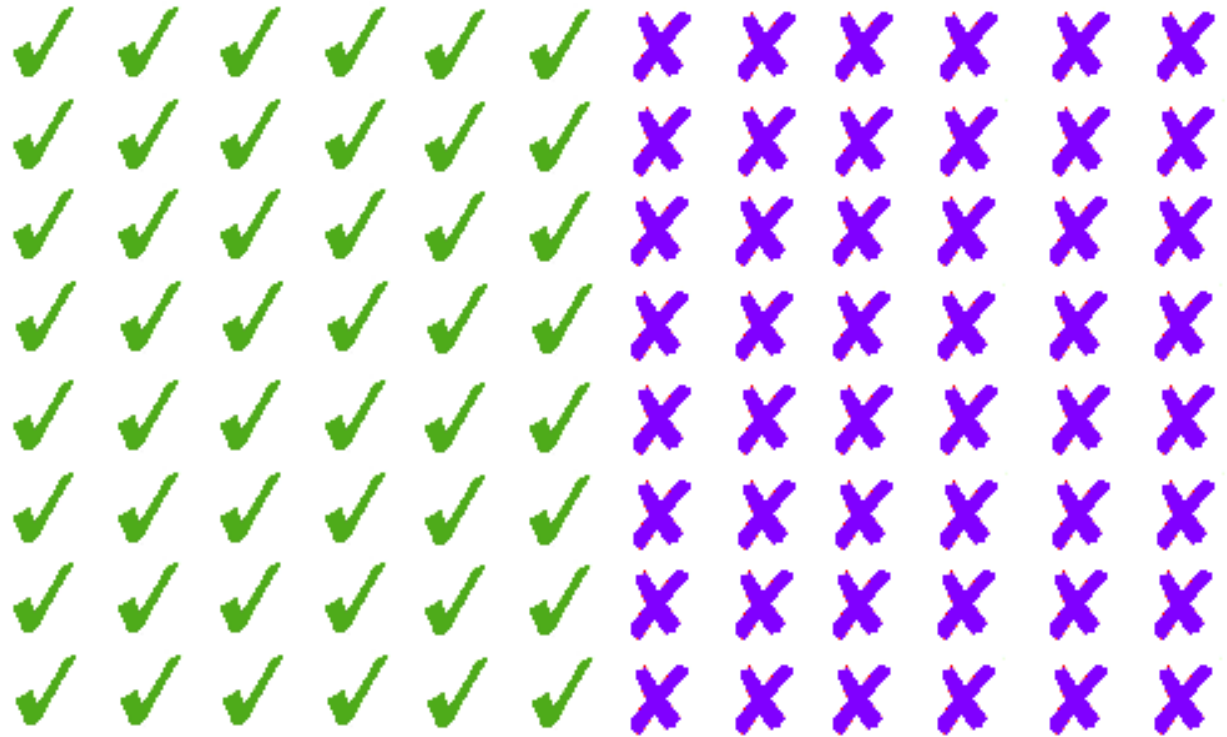
NEGATIVE

Všetky štúdie



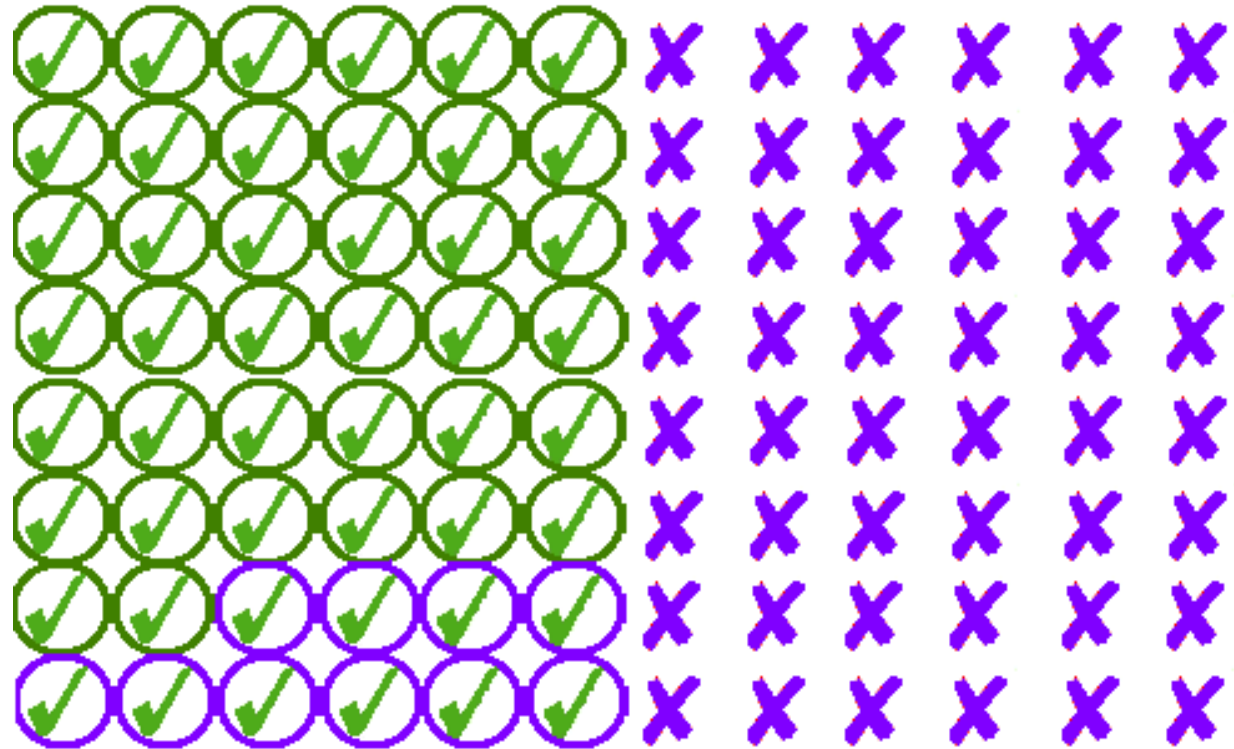
1000 štúdií:

Všetky štúdie





1000 štúdií: 500 hypotéz platí – 500 hypotéz neplatí

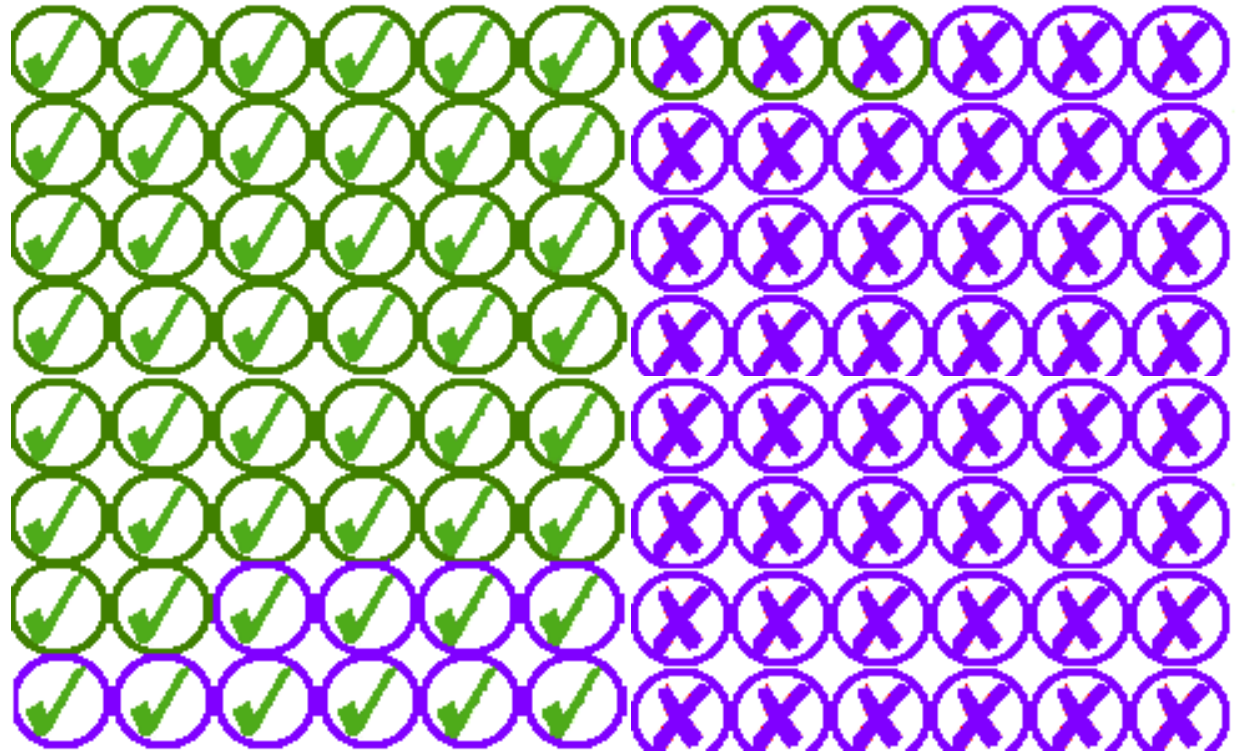
Všetky štúdie







1000 štúdií: 500 hypotéz platí – 500 hypotéz neplatí

Môj výsledok:  400 áno, platí!
 100 nie, neplatí!

Všetky štúdie



1000 štúdií: 500 hypotéz platí – 500 hypotéz neplatí

Môj výsledok:  400 áno, platí!  25 nie, platí!
 100 nie, neplatí!  475 áno, neplatí!

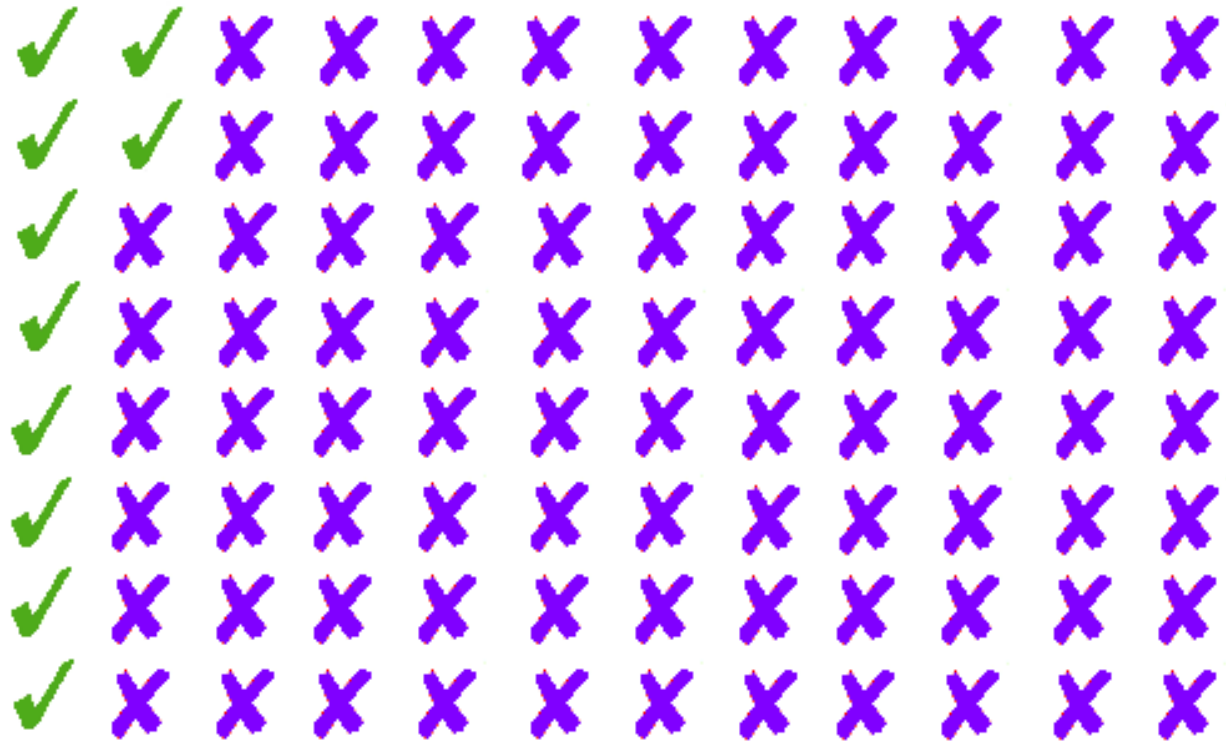
875/1000

=

**87.5% štúdií
je správne**

Všetky štúdie

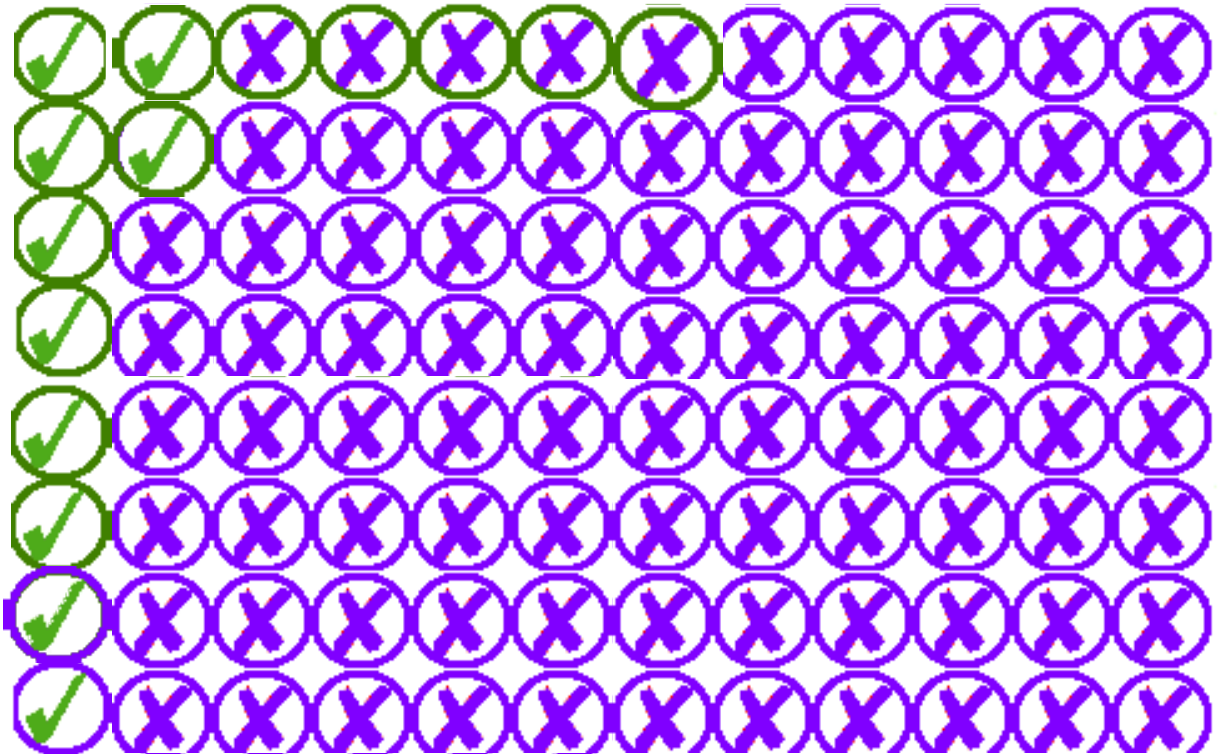
Drvivé
množstvo
sú
nepravdivé
hypotézy



1000 štúdií: 100 hypotéz platí 900 hypotéz neplatí

Všetky štúdie

Drvivé množstvo sú nepravdivé hypotézy



1000 štúdií:

100 hypotéz platí

900 hypotéz neplatí

935/1000

=

Môj výsledok:  80 áno, platí!

 45 nie, platí!

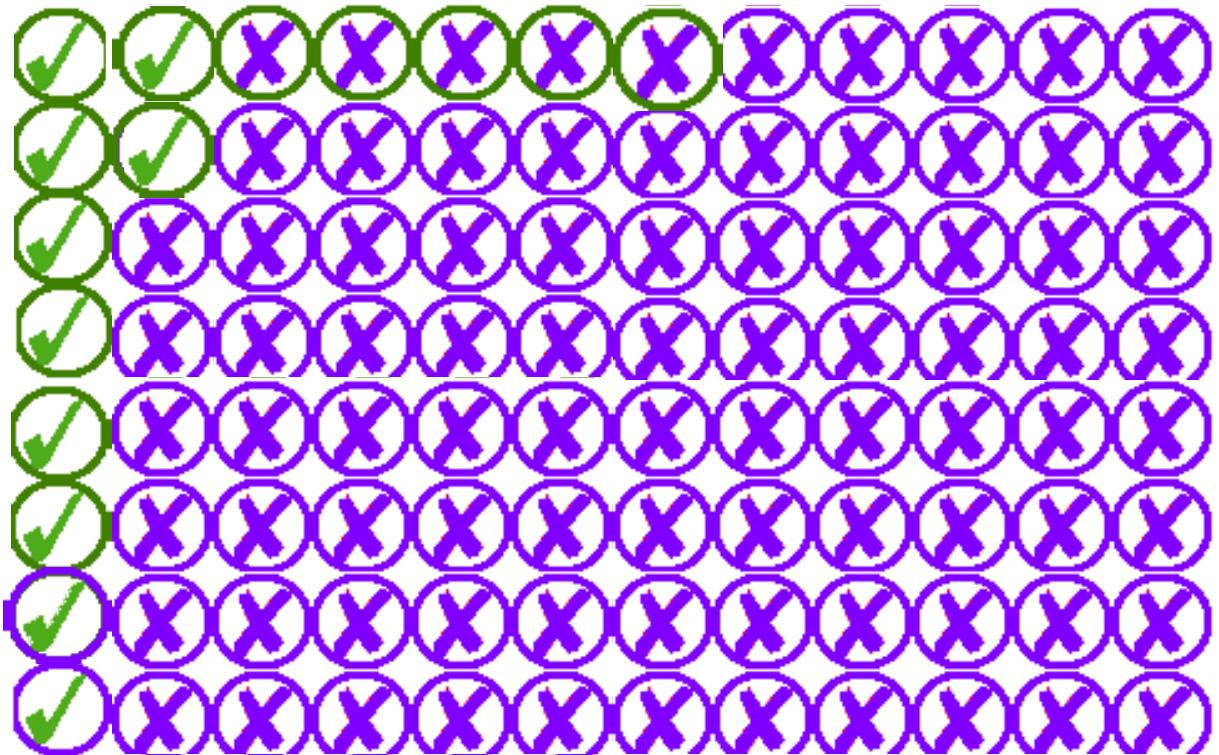
 20 nie, neplatí!

 855 áno, neplatí!

93.5% štúdií je správne

Všetky štúdie

Drvivé množstvo sú nepravdivé hypotézy



1000 štúdií:

100 hypotéz platí

900 hypotéz neplatí

935/1000

=

Môj výsledok:



80 áno, platí!



45 nie, platí!



20 nie, neplatí!



855 áno, neplatí!

93.5% štúdií je správne



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HEURÉKA,
SÓJA
FUNGUJE!

$$\frac{\text{Počet naozajstných objavov}}{\text{Počet "vyzerá to ako" objavov}} = \frac{\text{Počet naozajstných objavov}}{\text{Počet "vyzerá to ako" objavov}}$$



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HEURÉKA,
SÓJA
FUNGUJE!

$$\frac{\text{✓}}{\text{✓} + \text{✗}} = \frac{\text{Počet naozajstných objavov}}{\text{Počet "vyzerá to ako" objavov}}$$

1000 štúdií: 100 hypotéz platí 900 hypotéz neplatí

Môj výsledok: ✓ 80 áno, platí! ✗ 45 nie, platí!
✓ 20 nie, neplatí! ✗ 855 áno, neplatí!

935/1000
=
93.5% štúdií
je správne



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HEURÉKA,
SÓJA
FUNGUJE!





$$\frac{\text{✓}}{\text{✓} + \text{✗}} = \frac{\text{Počet naozajstných objavov}}{\text{Počet "vyzerá to ako" objavov}} = \frac{80}{125} = 64\%$$

1000 štúdií: 100 hypotéz platí 900 hypotéz neplatí

Môj výsledok: ✓ 80 áno, platí! ✗ 45 nie, platí!
✓ 20 nie, neplatí! ✗ 855 áno, neplatí!

935/1000
=
93.5% štúdií
je správne

Koľko percent (pozitívnych) štúdií je správne?





		V skutočnosti	
		má vplyv	nemá vplyv
Môj záver	má vplyv	 CORRECT RESULT	 FALSE POSITIVE
Môj záver	nemá vplyv	 FALSE NEGATIVE	 CORRECT RESULT

FALSE POSITIVES: 1-5% z neplatných hypotéz

FALSE NEGATIVES: 20-70% z platných hypotéz

POMER PLATNÉ:NEPLATNÉ HYPOTÉZY V OBLASTI: 0.1-1

Koľko percent (pozitívnych) štúdií je správne?

		V skutočnosti	
		má vplyv	nemá vplyv
Môj záver	má vplyv	 $\frac{(1 - \beta)R}{(R + 1)}$	 $\frac{\alpha}{(R + 1)}$
	nemá vplyv	 $\frac{\beta R}{(R + 1)}$	 $\frac{1 - \alpha}{(R + 1)}$

α FALSE POSITIVES: 1-5% z neplatných hypotéz

β FALSE NEGATIVES: 20-70% z platných hypotéz

R POMER PLATNÉ:NEPLATNÉ HYPOTÉZY V OBLASTI: 0.1-1







John P.A. Ioannidis

Koľko percent (pozitívnych) štúdií je správnych?

V skutočnosti

má vplyv

nemá vplyv

Môj	má vplyv	 $\frac{(1 - \beta)R}{(R + 1)}$	 $\frac{\alpha}{(R + 1)}$
záver	nemá vplyv	 $\frac{\beta R}{(R + 1)}$	 $\frac{1 - \alpha}{(R + 1)}$

α FALSE POSITIVES: 1-5% z neplatných hypotéz

β FALSE NEGATIVES: 20-70% z platných hypotéz

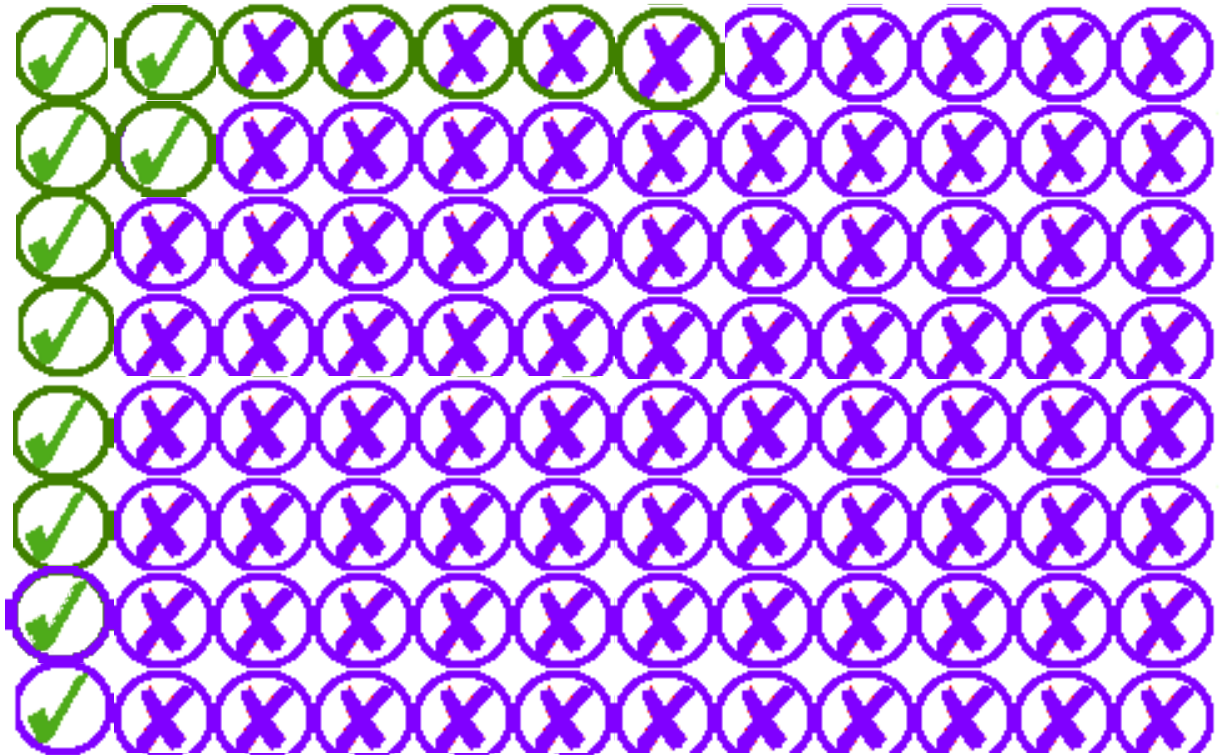
R POMER PLATNÉ:NEPLATNÉ HYPOTÉZY V OBLASTI: 0.1-1

~ 28 – 76 % z pozitívnych štúdií
je správnych!



John P.A. Ioannidis

A pripočítajme bad practicies in science...



1000 štúdií:

100 hypotéz platí

900 hypotéz neplatí

935/1000

=

Môj výsledok:



80 áno, platí!



45 nie, platí!



20 nie, neplatí!

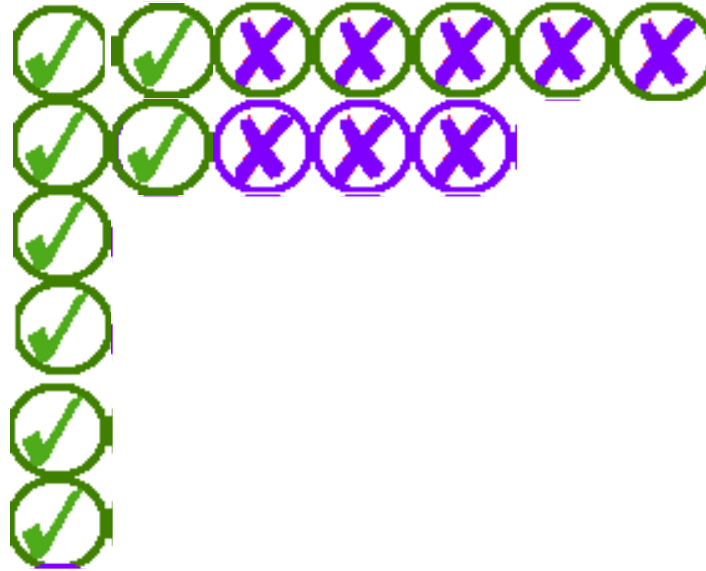


855 áno, neplatí!

93.5% štúdií
je správne

A pripočítajme bad practicies in science...

Negatívne
výsledky sa
nepublikujú



1000 štúdií: 100 hypotéz platí 900 hypotéz neplatí

Môj výsledok: 80 áno, platí! 45 nie, platí!
 ~~20~~ 0 nie, neplatí! ~~855~~ 31 áno, neplatí!

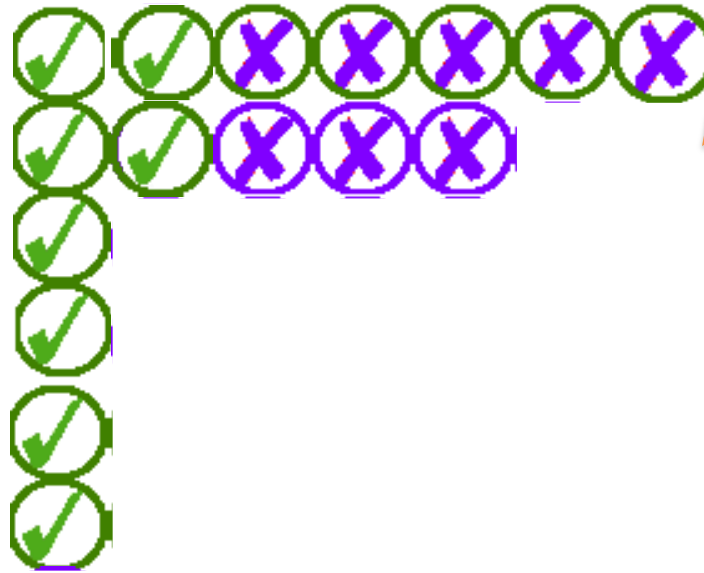
111/156

=

**71.2% štúdií
je správne**

A pripočítajme bad practices in science...

Negatívne
výsledky sa
nepublikujú



Štúdie sa
nereplikujú

1000 štúdií: 100 hypotéz platí 900 hypotéz neplatí

Môj výsledok: 80 áno, platí! 45 nie, platí!
 ~~20~~ ~~0~~ nie, neplatí! ~~855~~ ~~31~~ áno, neplatí!

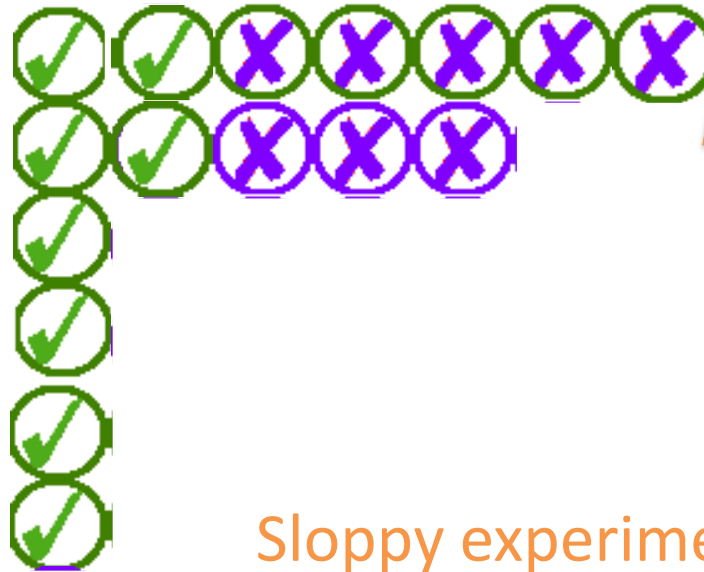
111/156

=

**71.2% štúdií
je správne**

A pripočítajme bad practices in science...

Negatívne
výsledky sa
nepublikujú



Štúdie sa
nereplikujú

Sloppy experiment design,
Confirmation bias,
...

1000 štúdií: 100 hypotéz platí 900 hypotéz neplatí

Môj výsledok: 80 áno, platí! 45 nie, platí!
 ~~20~~ 0 nie, neplatí! ~~855~~ 31 áno, neplatí!

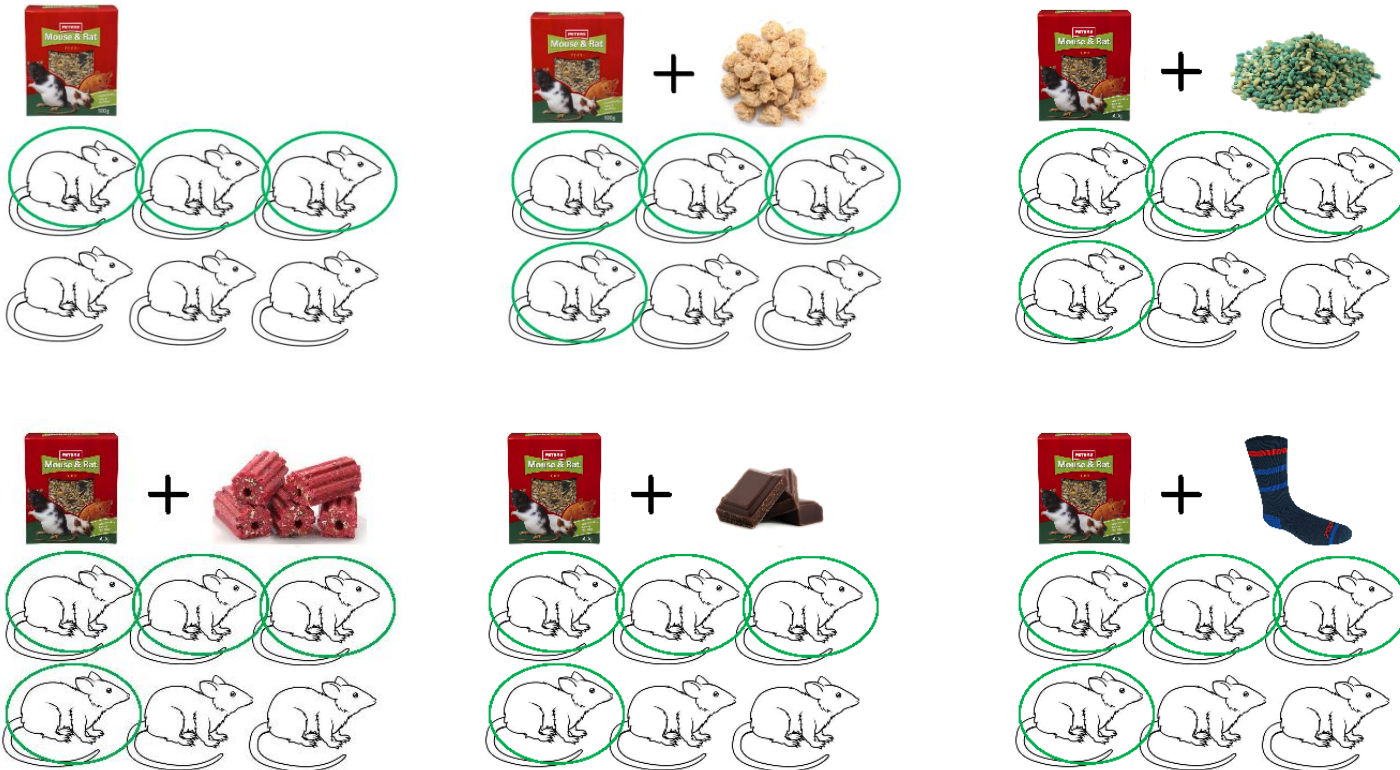
111/156

=

**71.2% štúdií
je správne**

Bad practice: Multiple testing

“Nechaj ma hádzať kockou, kým nepadne 6ka!”



Výsledkom je publikovanie false positive výsledku...

Tak ako je to s tými štúdiami?...

Journal of Personality and Social Psychology, 100, 407-425.
<http://www.apa.org/pubs/journals/psp/index.aspx>

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Feeling Anomalous Re

The term *psi* denotes a currently unexplained phenomenon. Variants of *psi* are *pre* (affective apprehension) through any known inference. Special cases of a more general phenomenon are some future event on an individual's conscious or nonconscious, involving more than 1,000 reversing well-established

Has the world gone coco? Eating chocolate can help you LOSE weight

GOOD news slimmers! New research claims that eating chocolate can actually help you beat the bulge.

Facebook 215 | Tweet 15 | Share 1 | Share 228

By Laura Mitchell / Published 30th March 2015

Journal List > Indian J Psychiatry > v.53(2); Apr-Jun 2011 >



Indian J Psychiatry, 2011 Apr-Jun; 53(2): 95-96.
doi: 10.4103/0019-5545.82529

The MMR vaccine and autism:

T. S. Sathyanarayana Rao and Chittaranjan Andra
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This article has been cited by other articles in PMC.

In 1998, Andrew Wakefield and 12 of his colleagues suggested that the measles, mumps, and rubella (MMR) and pervasive developmental disorder in children. The design, and the speculative nature of the conclusion. Vaccination rates began to drop because parents were

Almost immediately afterward, epidemiological studies found a link between MMR vaccination and autism.^[3,4] This link was also questioned because a temporal link between the two (MMR vaccine) or definition (autism), occur in early c

CHOCOHOLIC: New research reveals that eating chocolate can actually help you lose weight (GETTY)



ca štúdiá, ktorá potvrdila vyšší výskyt cievnych mozgových príhod po posune času. Jedna britská štúdiá zas hovorí o zvýšení rizika infarktu dva dni po zmene času. Nevieime, aká je bezprostredná príčina, ale zrejme súvisí s narušením spánkového cyklu, hladiny kortizolu, stresového hormónu, ktorého najvyššia hladina v krvi je ráno najnižšia. Riziko cievnej mozgovej príhody alebo infarktu myokardu je vyššie v nedeľu a v pondelok. Všetky procesy v našom tele, dokonca i choroby, sú závislé od rytmom.

Diets and Retinol in Relation to Prostate Cancer

Ascherio, Eric B. Rimm, Meir J. Stampfer, Walter C. Willett*

... observed a direct association between intake and risk of prostate cancer. Data in relation to prostate cancer risk are based on a cohort study conducted in 1986, 1988, 1990, and 1992. We assessed dietary intake of a cohort of 47,894 eligible subjects initially free of diagnosed cancer. Follow-up questionnaires were sent to the entire cohort in 1988, 1990, and 1992. We calculated the relative risk (RR) for each of the upper categories of intake of a specific food or nutrient by dividing

incidence but suggest that tomato-based foods may be especially beneficial regarding prostate cancer risk. [J Natl Cancer Inst 1995;87:1767-76]

Throughout the Western world, prostate cancer is a large and growing problem. Without reductions in incidence or improvements in treatment, about 40,000 men in the United States will die annually from this malignancy by the year 2000 (1). The success in treating advanced prostate cancers remains poor, drawing attention to dietary factors that may influence risk of this malignancy, particularly animal fat, retinol, and carotenoids (2,3). Adequate levels of vitamin A or retinol are necessary for the normal control of both cellular differentiation and proliferation (4), and various retinoids have displayed the ability to inhibit carcinogenesis in animal models (5), including prostate cancer (6). However, in some experimental studies retinoids have enhanced carcinogenesis (7,8), and several human studies have found a direct association between retinol intake and risk of prostate cancer, particularly among men aged 70 years or

Čokoládová štúdia...

Has the world gone coco? Eating chocolate can help you LOSE weight

Good news slimmers! New research claims that eating chocolate can help you beat the bulge.

Facebook 215 | Tweet 13 | Share 1 | Share 228

Sarah Mitchell / Published 30th March 2015



WHY YOU MUST EAT CHOCOLATE DAILY

Doing so will accelerate your slim-down. When German researchers on a low-carb plan and gave some of them a daily dose of 1½ ounces of superdark chocolate, those who ate chocolate lost more weight steadily over time and stayed happier throughout the process than those who didn't get the treat. "When you eat chocolate on a diet, it's a daily reward, so you don't feel deprived," says study author Johannes Bannan, Ph.D., director



New research reveals that eating chocolate can help you lose weight. (GETTY)

EXPRESS

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Blood pressure breakthrough: Jab every six months could



'Beautiful, brave and very, very talented' Jenny Eclair...

Chocolate accelerates weight loss: Research claims it lowers cholesterol and aids sleep

CAN you indulge your sweet tooth and lose weight? If it's chocolate that you crave than the answer seems to be yes.

By SARAH BARNES

PUBLISHED: 10:31, Mon, Mar 30, 2015 | UPDATED: 20:28, Sat, Apr 4, 2015

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Chocolate can aid weight loss when combined with exercise

...bola vymyslená!

HEALTH

I Fooled Millions Into Thinking Chocolate Helps Weight Loss. Here's How.



John Bohannon
5/27/15 4:23pm • Filed to: DEBUNKERY ▾

1.3M 545 282



“Slim by Chocolate!” the headlines blared. A team of German researchers had found that people on a low-carb diet lost weight 10 percent faster if they ate a chocolate bar every day. It made the front page of *Bild*, Europe’s largest daily newspaper, just beneath their update about the Germanwings crash. From there, it ricocheted around the internet and beyond, making news in more than 20 countries and half a dozen languages. It was discussed on television news shows. It appeared in glossy print, most recently in the June issue of *Shape* magazine (“Why You Must Eat Chocolate Daily,” page 128). Not only does chocolate accelerate weight loss, the study found, but it leads to healthier cholesterol levels and overall increased well-being. The *Bild* story quotes the study’s lead author, Johannes Bohannon, Ph.D., research director of the Institute of Diet and Health: “The best part is you can buy chocolate everywhere.”

I am Johannes Bohannon, Ph.D. Well, actually my name is John, and I’m a journalist. I do have a Ph.D., but it’s in the molecular biology of bacteria, not humans. The [Institute of Diet and Health?](#) That’s nothing more than a website.

Other than those fibs, the study was 100 percent authentic. My colleagues and I recruited actual human subjects in Germany. We ran an actual clinical trial, with subjects randomly assigned to different diet regimes. And the statistically significant benefits of chocolate that we reported are based on the actual data. It was, in fact, a fairly typical study for the field of diet research. Which is to say: It was terrible science. The results are meaningless, and the health claims that the media blasted out to millions of people around the world are utterly unfounded.

Here’s how we did it.

<https://io9.gizmodo.com/i-fooled-millions-into-thinking-chocolate-helps-weight-1707251800>

Čokoládová štúdia...

...jej design bol pripravený tak, aby skoro určite vyprodukovala false positive... **HEURÉKA MOMENT!**

Group 1	Group 2	Group 3
low-carb diet	low-carb diet + 30g chocolate	Eat as usual

Meraných 18 rôznych faktorov:



+ váha / cholesterol / sodík / proteín v krvi /
kvalita spánku / ...

Štúdií je mnoho...

Journal of Personality and Social Psychology, 100, 407-425.

<http://www.apa.org/pubs/journals/psp/index.aspx>

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0022-3514/10/\$12.00 DOI: 10.1037/a0021524

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Feeling the Future: Experimental Evidence for Anomalous Retroactive Influences on Cognition and Affect

Cornell University

The term *psi* denotes anomalous processes of information or energy transfer that are currently unexplained in terms of known physical or biological mechanisms. Two variants of *psi* are *precognition* (conscious cognitive awareness) and *premonition* (affective apprehension) of a future event that could not otherwise be anticipated through any known inferential process. Precognition and premonition are themselves special cases of a more general phenomenon: the anomalous retroactive influence of some future event on an individual's current responses, whether those responses are conscious or nonconscious, cognitive or affective. This article reports 9 experiments, involving more than 1,000 participants, that test for retroactive influence by "time-reversing" well-established psychological effects so that the individual's responses are

Existuje fínska štúdia, ktorá potvrdila vyšší výskyt cievnych mozgových príhod práve po posune času. **Jedna britská štúdia zas hovorí o zvýšení rizika srdcového infarktu dva dni po zmene času.** Nevieime, aká je bezprostredná príčina tohto javu, ale zrejme súvisí s narušením spánkového cyklu, fragmentáciou spánku alebo s desynchronizáciou viacerých biologických rytmov, napríklad kortizolu, stresového hormónu, ktorého najvyššia hladina je ráno, alebo melatonínu, ktorého koncentrácia je zas ráno najnižšia. Najčastejší výskyt cievnej mozgovej príhody alebo infarktu myokardu je pritom v ranných hodinách. Všetky procesy v našom tele, dokonca i choroby, teda podliehajú istým rytmom.

Journal List > Indian J Psychiatry > v.53(2); Apr-Jun 2011 > PMC3136032



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Indian J Psychiatry, 2011 Apr-Jun; 53(2): 95-96.
doi: 10.4103/0019-5545.82529

PMCID: PMC3136032
PMID: 21772639

The MMR vaccine and autism: Sensation, refutation, retraction, and fraud

T. S. Sathyanarayana Rao and Chittaranjan Andrade¹

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This article has been cited by other articles in PMC.

In 1998, Andrew Wakefield and 12 of his colleagues^[1] published a case series in the *Lancet*, which suggested that the measles, mumps, and rubella (MMR) vaccine may predispose to behavioral regression and pervasive developmental disorder in children. Despite the small sample size ($n=12$), the uncontrolled design, and the speculative nature of the conclusions, the paper received wide publicity, and MMR vaccination rates began to drop because parents were concerned about the risk of autism after vaccination.^[2]

Almost immediately afterward, epidemiological studies were conducted and published, refuting the posited link between MMR vaccination and autism.^[3,4] The logic that the MMR vaccine may trigger autism was also questioned because a temporal link between the two is almost predestined: both events, by design (MMR vaccine) or definition (autism), occur in early childhood.

Intake of Carotenoids and Retinol in Relation to Risk of Prostate Cancer

Edward Giovannucci, Alberto Ascherio, Eric B. Rimm, Meir J. Stampfer, Graham A. Colditz, Walter C. Willett*

Background: Several human studies have observed a direct association between retinol (vitamin A) intake and risk of prostate cancer; other studies have found either an inverse association or no association of intake of β -carotene (the major provitamin A) with risk of prostate cancer. Data regarding carotenoids other than β -carotene in relation to prostate cancer risk are sparse. **Purpose:** We conducted a prospective cohort study to examine the relationship between the intake of various carotenoids, retinol, fruits, and vegetables and the risk of prostate cancer. **Methods:** Using responses to a validated, semiquantitative food-frequency questionnaire mailed to participants in the Health Professionals Follow-up Study in 1986, we assessed dietary intake for a 1-year period for a cohort of 47 894 eligible subjects initially free of diagnosed cancer. Follow-up questionnaires were sent to the entire cohort in 1988, 1990, and 1992. We calculated the relative risk (RR) for each of the upper categories of intake of a specific food or nutrient by dividing

incidence but suggest that tomato-based foods may be especially beneficial regarding prostate cancer risk. [J Natl Cancer Inst 1995;87:1767-76]

Throughout the Western world, prostate cancer is a large and growing problem. Without reductions in incidence or improvements in treatment, about 40 000 men in the United States will die annually from this malignancy by the year 2000 (1). The success in treating advanced prostate cancers remains poor, drawing attention to dietary factors that may influence risk of this malignancy, particularly animal fat, retinol, and carotenoids (2,3). Adequate levels of vitamin A or retinol are necessary for the normal control of both cellular differentiation and proliferation (4), and various retinoids have displayed the ability to inhibit carcinogenesis in animal models (5), including prostate cancer (6). However, in some experimental studies retinoids have enhanced carcinogenesis (7,8), and several human studies have found a direct association between retinol intake and risk of prostate cancer, particularly among men aged 70 years or

...no vedecká metóda je aj tak to najlepšie, čo máme!

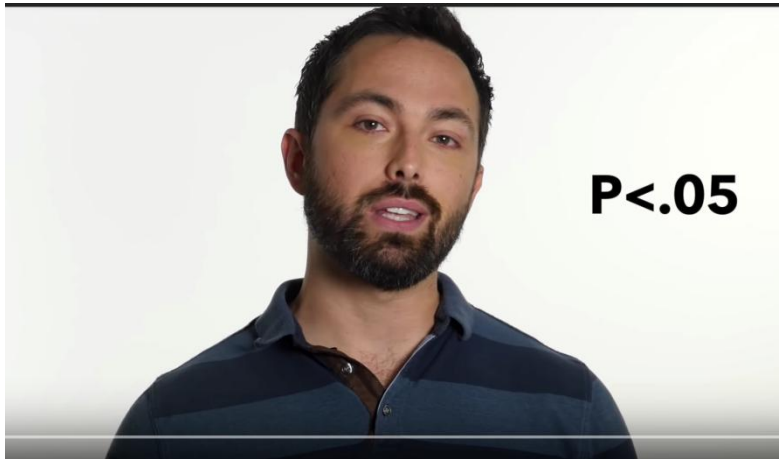
Vedci sa snažia o osvetu a nápravu, pomôžu:

- publikácie negatívnych výsledkov
- replikácie štúdií, retrakcia vyvrátených výsledkov
- dobrý dizajn experimentu, veľké vzorky, korekcie multi-testovania, atď.

A ako veľakrát sa potom
mýlime v iných oblastiach
života?



Materiály:



Video: Is Most Published Research Wrong?

<https://www.youtube.com/watch?v=42QuXLucH3Q>

Fake chocolate study: <https://io9.gizmodo.com/i-fooled-millions-into-thinking-chocolate-helps-weight-1707251800>

Online hra (od vedy k propagande):

<https://getbadnews.com/#intro>

Ioannidis: Why most published research findings are false Part I

<https://www.youtube.com/watch?v=wM0vXVclQZg>

A Quick Puzzle to Test Your Problem Solving

By DAVID LEONHARDT and YOU JULY 2, 2015

A short game sheds light on government policy, corporate America and why no one likes to be wrong. [RELATED ARTICLE](#)

Here's how it works:

We've chosen a rule that some sequences of three numbers obey — and some do not. Your job is to guess what the rule is.

We'll start by telling you that the sequence 2, 4, 8 obeys the rule:

2 4 8 **Obeys the rule**

Now it's your turn. Enter a number sequence in the boxes below, and we'll tell you whether it satisfies the rule or not. You can test as many sequences as you want.

Enter your first sequence here:

Pokus na sebe:

https://www.nytimes.com/interactive/2015/07/03/upshot/a-quick-puzzle-to-test-your-problem-solving.html?_r=1&abt=0002&abg=1

