Holistic nutrition weak on science, strong on selling supplements

By ACSH Staff — December 21, 2010

ACSH would like to commend James S. Fell’s *Los Angeles Times* article [1] yesterday revealing and debunking the pseudoscience of “holistic nutrition.” Fell points to the lack of valid credentials held by holistic nutritionists and their obvious goal to sell supplements. “Taking nutrition advice from the graduates of [holistic nutrition] schools,” Fell says, “makes as much sense as hiring Ozzy Osbourne to drive a school bus.”

ACSH’s Dr. Josh Bloom agrees. “Getting treated by a naturopath with herbs is like getting your appendix removed at Jiffy Lube,” he says. “It’s not all it’s quacked up to be.”