

althealthworks.com

A website that has promoted false and unsubstantiated health claims about vaccines, genetically modified foods, and the use of face masks during the COVID-19 pandemic.



Proceed with caution: This website severely violates basic journalistic standards.

Score: 30/100

Ownership and Financing

Nick Meyer, the founder of AltHealthWorks.com and the author of most of its articles, describes the website as “my own” on the site’s About Me page. Meyer’s LinkedIn page says that he was a freelance writer at the Detroit Free Press from February 2008 to April 2017.

The site’s Disclaimer section mentions a limited liability corporation called Alternative Health Works LLC. NewsGuard could find no record of a company registered under that name in the U.S.

The site runs advertisements.

Content

Meyer founded the site “with the simple mission of telling the many incredible stories of the growing holistic and natural health community, stories that had slipped through the cracks of the traditional media,” according to his biography on the About Me page.

Articles are divided into categories such as Alternative Medicine, Natural Treatments, and Amazon Rainforest Herbs. The website extensively covers genetically modified food, which is food produced from plants or animals whose DNA has been altered, in sections titled Non GMO Food and Organic Farming.

Typical headlines include “Top 10 Homemade, Organic Pesticides to Use in Your Backyard Garden,” “The Truth About Almond Milk: Industry Insider’s Shocking Admission,” and “Doctor Sells His Practice in New York, Buys Organic Farm & Begins Treating Patients Himself.”

The site’s homepage also features a tab labeled Nick’s Health Books, offering Meyer’s books for sale on Amazon, with titles including “The Best Sore Throat

-  Does not repeatedly publish false content (22points)
-  Gathers and presents information responsibly (18)
-  Regularly corrects or clarifies errors (12.5)
-  Handles the difference between news and opinion responsibly (12.5)
-  Avoids deceptive headlines (10)
-  Website discloses ownership and financing (7.5)
-  Clearly labels advertising (7.5)
-  Reveals who’s in charge, including any possible conflicts of interest (5)
-  The site provides names of content creators, along with either contact or biographical information (5)

Criteria are listed in order of importance.

[More information.](#)

Remedies: Direct from Nature's Pharmacy” and
“Healing Secrets of the Amazon Rainforest: An Herb for
Every Ailment ”

Credibility

AltHealthWorks.com articles have repeatedly promoted false and unsubstantiated health claims, including about the COVID-19 pandemic.

For example, a June 2020 article headlined “Doctors Warn: Potential Long Term Side Effects of Mask Wearing Include Shortness of Breath, a Weakened Immune System and Chronic Respiratory Conditions,” made false claims about health risks associated with wearing face masks to prevent the spread of the COVID-19 virus.

The AltHealthWorks.com story, quoting from an article that appeared on MSN.com, listed carbon dioxide accumulation among the problems that can result from wearing face masks.

“According to Dr. Lili Barsky, any activities that result in the expulsion of air, such as talking, singing and exercising can result ‘in the accumulation of carbon dioxide between the face and the mask,’” the article stated. “The symptoms are seen due to increases in CO2 levels in the body according to Dr. Rashmi Byakodi as mentioned in the MSN article.”

The same article on AltHealthWorks.com also claimed that face masks could cause low oxygen levels. “Perhaps the most troubling of all symptoms on the list of doctor warnings, the immune system can be greatly weakened by low oxygen levels in the tissues as noted by Dr. Esteban Kosak in the article,” the AltHealthWorks.com story said. “‘Scientific investigations have proven that a prolonged denial of enough oxygen in the body can cripple the ability of our immune system to tackle infections which is even worse with older and younger people,’ he said.”

While AltHealthWorks.com accurately quoted the MSN.com article, which appeared to have republished content from a site called EatThis.com, claims that wearing a face mask can result in “the accumulation of

carbon dioxide” or cause low oxygen levels are false. Health care workers who regularly wear face masks for long periods of time have not experienced an accumulation of carbon dioxide or low oxygen levels. According to a May 2020 article from health fact-checking website HealthFeedback.org, even surgical and N95 masks used by health care workers are porous enough to allow gas molecules such as carbon dioxide and oxygen to pass through, while limiting exposure to the respiratory droplets that could spread the COVID-19 virus.

The site has also promoted false health claims linking vaccines and autism. A March 2019 article titled “The Truth In The Best-Selling Novelist’s ‘I Do Not Consent’ Vaccine Safety Viral Post” advanced the false claim that vaccines can cause autism, citing as evidence a Facebook post from a romance author.

The article quoted the author, Jamie McGuire, as saying, “Until you can prove none of the 16 vaccines and their components do not cause autism, I do not consent.” The AltHealthWorks article added, “Autism rates have risen from 1-in-150 in 1992 to 1-in-59 right now. Many are questioning if vaccines are a contributing factor.”

There is no evidence that vaccines are a “contributing factor” to the increased prevalence of autism. The U.S. Centers for Disease Control and Prevention (CDC) and many other health and science authorities, including the U.K. National Health Service and the World Health Organization, have repeatedly stated that there is no link between vaccines and autism, based on an abundance of scientific evidence.

The same March 2019 article also suggested that the growing number of vaccines may be unsafe, stating that “the vaccine schedule has grown from 22 doses in 1983 to 73 doses today. It keeps growing. The effects of all of the vaccines combined have never been properly tested.”

The safety of the vaccine schedule has been rigorously tested, according to organizations such as the CDC, WHO, and the American Academy of Pediatrics.

“Scientific data show that getting several vaccines at the same time does not cause any chronic health problems,” the CDC states on its website. “A number of studies have been done to look at the effects of giving various combinations of vaccines, and when every new vaccine is licensed, it has been tested along with the vaccines already recommended for a particular aged child. The recommended vaccines have been shown to be as effective in combination as they are individually.”

AltHealthWorks has also published false claims about the supposed dangers of genetically modified organisms. A September 2019 article, for example, headlined “10 Documented Reasons GMOs are Anti-American,” asserted that GMOs “have been shown to adversely affect our pursuit of health and abundant life.”

The article cited as evidence for its claim a study led by Gilles-Eric Séralini, a professor of molecular biology at the University of Caen, that claimed rats developed tumors after eating genetically modified corn. The study, initially published in 2012 in the journal *Food and Chemical Toxicology*, was retracted a year later. *Food and Chemical Toxicology* stated that a post-publication review found “that the data were inconclusive, and therefore the conclusions described in the article were unreliable.”

A review of existing scientific evidence on the safety of genetically engineered (GE) food, published in May 2016 by the U.S. National Academies of Science, Engineering, and Medicine, found “no differences that implicate a higher risk to human health from GE foods than from their non-GE counterparts.”

A June 2018 article titled “Mothers Break the Silence: How Feeding Their Kids a Non-GMO Diet Healed Everything From Autism Symptoms to Autoimmune Disease,” claimed that “even severe and life-threatening illnesses such as cancer, autism, and dementia were improved by switching to a non-GMO diet.”

The 2016 National Academies review has found no evidence linking GMOs to cancer or autism. Dementia was not mentioned in the report.

The AltHealthWorks article was based on a 2017 survey written by anti-GMO activist Jeffrey Smith of the Institute for Responsible Technology. The article did not mention that the survey responses came from people within the institute's email database, who, as Smith acknowledged in the survey, "may be biased towards attributing health improvements to the elimination of GMOs based on expectations."

AltHealthWorks has also falsely claimed that cell phone use can increase the risk of cancer. A January 2019 article titled "The Simple Way to Reduce Cell Phone EMF's, Radiation and More By Up to 99% (FCC Lab Tested and Certified)" stated, "Studies have also found that cell phone radiation increases the risk of a cancerous brain tumor. It makes sense. Blasting your brain with radiation is harmful, especially when it's done non-stop with no protection."

According to the U.S. National Cancer Institute, "many studies have examined the potential health effects of non-ionizing radiation from radar, microwave ovens, cell phones, and other sources, there is currently no consistent evidence that non-ionizing radiation increases cancer risk in humans." A 2011 report released by the World Health Organization's International Agency for Research on Cancer classifies cell phones as a "Class 2B carcinogen." However, that report also said that the 2B classification applies to substances such as pickled vegetables and aloe vera.

The same AltHealthWorks article promoted a product called SafeSleeve to avoid cell phone radiation, falsely claiming that the product was "certified" by the U.S. Federal Communications Commission. The article said that SafeSleeve was "a radiation and EMF reducing phone case that has been tested by an FCC certified lab to help reduce exposure to the body by as much as 99%."

The FCC and the Federal Trade Commission (FTC) have actually warned consumers to avoid products that purport to “shield” cell phone users from radiation. “There is no scientific proof that so-called shields significantly reduce exposure from cell phone emissions,” the FTC said in a June 2011 press release. “In fact, products that block only part of the phone, such as the earpiece, are totally ineffective because the entire phone emits electromagnetic waves. By interfering with the phone’s signal, phony shields may cause it to draw even more power and possibly emit more radiation.”

Because AltHealthWorks articles and headlines have contained numerous false and unsubstantiated health and science claims, NewsGuard has determined that the website repeatedly publishes false content, fails to gather and present information responsibly, and does not avoid deceptive headlines.

The website does not articulate a corrections policy and NewsGuard could not find any corrections.

NewsGuard did not receive a response to three emails sent to the general email address listed on AltHealthWorks.com, seeking comment on the site’s history of publishing false information and its approach to corrections.

The site’s perspective, promoting the use of natural and holistic medicine, is disclosed on the About Me page, and is evident throughout the site’s articles. Because AltHealthWorks discloses its perspective and does not label any of its articles as news, NewsGuard has determined that the site does not handle the difference between news and opinion irresponsibly.

Transparency

The About Me page includes site founder Nick Meyer’s biography, in which he describes AltHealthWorks.com as “my own website.” A general email address is provided on the Advertise with Us page.

The majority of the site’s articles are credited to Meyer and provide his biography at the end of the article. Some articles on the site are credited only to “AltHealth Admin,” but because most of the site’s articles are

credited to Meyer and include his biography, NewsGuard has determined that the website does not fail to meet its standard for providing information about content creators.

Stories that advertise products, including some that are written by Meyer, appear alongside news stories on the website, which does not meet NewsGuard's standard for clearly labeling advertising. For example, an August 2019 article encouraged readers to buy "radiation-blocking" headphones, saying "AirTube headphones can help make a dramatic difference in preventing and mostly eliminating the effects of cell phone EMFs." A March 2019 article titled "Fight Magnesium Deficiency for Better Total Body Health" includes a section titled "The two supplements I personally have used are," and provides Amazon links for three magnesium supplements.

NewsGuard did not receive a response to four emails sent to the general email address listed on AltHealthWorks.com, including one sent in 2020, asking about the failure to distinguish advertising from editorial content.

History

According to Meyer's LinkedIn profile, he founded the site in 2012. The website's domain name was registered that same year.

Editor's Note: This Nutrition Label was updated on July 20, 2020 with new examples of the site's content.

Written by: [John Gregory](#)

Edited by: [Amy Westfeldt](#)

Send feedback to NewsGuard: [Click Here](#)

Sources

Ownership and
Financing

<https://www.linkedin.com/in/nick-meyer-7442329>

<http://archive.is/OiXVG>

<https://althealthworks.com/about/>

<https://www.arabamericannews.com/author/nick-meyer/>

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Credibility

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Peralta vaccine story:

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Transparency

<https://althealthworks.com/about/>

<https://althealthworks.com/advertise-with-us/>

'Better than solar panels' ad: <http://archive.is/hJgr1>

Diabetes ad:

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Unlabeled ad #1:

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History

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