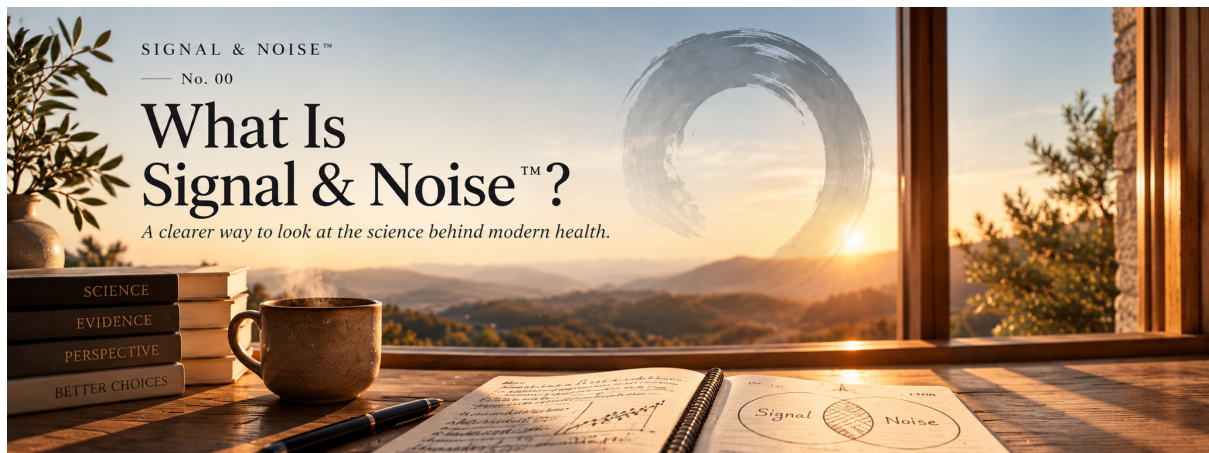




What Is Signal & Noise™?

Health information has never been more abundant. Every week brings another supplement, wearable, diagnostic test, diet, longevity intervention or wellness practice accompanied by claims about what it might do for our health. Some of those claims are well supported. Some begin with legitimate science but travel considerably further than the evidence allows. Others remain interesting hypotheses waiting for better research.

Distinguishing between them is not always easy. That is the purpose of **Signal & Noise™**, a new evidence series from Tao Functional Health examining the science behind modern health practices.

The aim is neither to promote nor to debunk. Instead, we want to ask a more useful question: *What does the science actually show?*

Where Signal Becomes Noise

Many health claims do not begin with bad science. They begin with a genuine observation. A biological pathway is identified. A biomarker changes. An association appears in a large population study. A small clinical trial produces an intriguing result.

That is the signal.

The difficulty comes with what happens next. A change in a biomarker becomes a claim about preventing disease. An association becomes an assumption of cause and effect. Evidence from a particular population is applied to everyone. A plausible mechanism becomes a promise of longevity. The original science may still be perfectly legitimate. The conclusion has simply travelled further than the evidence.

That is where signal becomes noise.

More Than “Does It Work?”

For each subject, Signal & Noise™ looks beyond the simple question of whether something “works.” We examine why it might work, what has actually been observed in humans, whether those effects are large enough to matter clinically, and what the research cannot yet tell us. We also consider risks, trade-offs and the practical question that often gets lost in discussions of health science: **does the evidence justify what people are being asked to do, buy or believe?**

That distinction matters because evidence is rarely simply “good” or “bad.” A practice may have convincing evidence for one outcome and very little for another. A physiological effect may be real without

producing a meaningful improvement in health. An intervention may be reasonable to try even though its most ambitious claims remain unproven. The goal is to preserve those distinctions rather than flatten them.

A Closer Look at the Evidence

Signal & Noise™ will examine subjects ranging from sauna, creatine and cold exposure to continuous glucose monitors, red-light therapy, supplements, biological-age testing and emerging longevity interventions. Some will turn out to have stronger evidence than their reputation suggests. Others may have considerably less.

And sometimes the most scientifically accurate conclusion will simply be: *we don't know yet*.

That is not a failure of science. It is part of doing science properly. Signal & Noise™ is about finding the boundary between what we know, what looks promising, and what we have simply begun to believe.

A new Signal & Noise™ evidence review will be published every Wednesday.

What should we examine next?

If you've come across a health practice, supplement, technology or claim that you'd like to see put under scientific scrutiny, send us your question.