

# Health Myths Vs Facts

Anahad O'Connor

Health Myths and Facts Augusta Mcangus,2016-02-09 Health myths and facts is full of enlightening facts that will debunk some of the most perennial misconceptions we believe about our health ranging from, toilet infection to malaria and typhoid syndrome and lots more, that will surprise you. Medical practice in Nigeria and other part of Africa coupled with interactions with colleagues in diaspora have instigated the need to shed more light to the medical misconceptions people still believe about their health that are just wrong. It's a fun read, and chances are that you will stumble across several medical myths you have always believed. Its time to burst these myths. Be in the know!

Don't Cross Your Eyes...They'll Get Stuck That Way! Dr. Aaron E. Carroll, MD, MS,Dr. Rachel C. Vreeman, MD,2011-07-05 The ultimate myth-busting collection of quirky and curious facts about your body and health In 2009, Drs. Aaron E. Carroll and Rachel C. Vreeman explored a wide range of myths and misconceptions about our bodies and health in the media sensation, *Don't Swallow Your Gum!*, featured on The Dr. Oz Show, CNN, and in The New York Times, USA Today, and more. Now, they're delving into a whole new collection of myths based on the latest scientific research, including: • Eggs give you high cholesterol. • You should stretch before you exercise. • Kids in day care catch more colds. • Sit-ups or crunches will flatten your stomach. • A glass of warm milk will put you to sleep. With a perfect balance of authoritative research and breezy humor, *Don't Cross Your Eyes . . . They'll Get Stuck That Way!* exposes the truth behind all of the things you thought you knew about your health, your well-being, and how the body works.

**Don't Swallow Your Gum!** Dr. Aaron E. Carroll, MD, MS,Dr. Rachel C. Vreeman, MD,2009-05-26 People have more access to medical information than ever before, and yet we still believe facts about our bodies and health that are just plain wrong. *DON'T SWALLOW YOUR GUM!* takes on these myths and misconceptions, and exposes the truth behind some of those weird and worrisome things we think about our bodies. Entries dispel the following myths and more: - You need to drink 8 glasses of water a day - Chewing gum stays in your stomach for seven years - You can catch poison ivy from someone who has it - If you drop food on the floor and pick it up within five seconds, it's safe to eat - Strangers have poisoned kids' Halloween candy With the perfect blend of authoritative research and a breezy, accessible tone, *DON'T SWALLOW YOUR GUM* is full of enlightening, practical, and quirky facts that will debunk some of the most perennial misconceptions we believe about our health and well-being.

Food Myths and Facts Adam Woog,2011-01-18 There are so many sources of information out there, some valid, some totally bunk. Help your readers find out fact from fiction when it comes to food. This book examines the most current scientific studies and provides in-depth information on food myths and facts. Readers will evaluate the roles of metabolism, exercise, and lifestyle in relation to maintaining a healthy weight and a healthy understanding about food.

**Stayin' Alive** Koon Hou Mak,2018

*Lies My Doctor Told Me Second Edition* Ken Berry,2019-04-30 Has your doctor lied to you? Eat low-fat and high-carb, including plenty of “healthy” whole grains—does that sound familiar? Perhaps this is what you were told at your last doctor’s appointment or visit with a nutritionist, or perhaps it is something you read online when searching for a healthy diet. And perhaps you’ve been misled. Dr. Ken Berry is here to dispel the myths and misinformation that have been perpetuated by the medical and food industries for decades. This updated and expanded edition of Dr. Berry’s bestseller *Lies My Doctor Told Me* exposes the truth behind all kinds of “lies” told by well-meaning but misinformed medical practitioners. Nutritional therapy is often overlooked in medical school, and the information provided to physicians is often outdated. However, the negative consequences on your health remain the same. Advice to avoid healthy fats and stay out of the sun has been

proven to be detrimental to longevity and wreak havoc on your system. In this book, Dr. Berry will enlighten you about nutrition and life choices, their role in our health, and how to begin an educated conversation with your doctor about finding the right path for you. This book will teach you: how doctors are taught to think about nutrition and other preventative health measures, and how they should be thinking how the Food Pyramid and MyPlate came into existence and why they should change the facts about fat intake and heart health the truth about the effects of whole wheat on the human body the role of dairy in your diet the truth about salt—friend or foe? the dangers and benefits of hormone therapy new information about inflammation and how it should be viewed by doctors Come out of the darkness and let Ken Berry be your guide to optimal health and harmony!

**Medical Myths that Can Kill You** Nancy L. Snyderman, 2008 A study of the facts behind unscientific, undocumented, and dangerous medical myths includes information on 101 important truths that can contribute to longer, happier, healthier, and more fulfilled lives.

**Exposing the Twenty Medical Myths** Arthur Garson Jr., Ryan Holeywell, 2019-11-01 Despite intense political focus and debate for the past 10 years, Americans remain deeply worried about the availability and affordability of health care for themselves and their families. In clear and accessible prose, journalist Ryan Holeywell and medical doctor and health policy expert Arthur Garson provide Americans with the tools we need to have an honest, unbiased view of the state of health care policy in America. By fact checking 20 enduring health care myths they move the debate beyond Obamacare v. repeal and replace and give citizens the tools they need to evaluate the major policy issues confronting our health care system.

**Medical Myths That Can Kill You** Nancy L. Snyderman, 2009-02-24 In her trademark practical and straightforward way, Dr. Snyderman, chief medical editor for NBC News, reveals the truths behind unscientific, undocumented, and dangerous medical myths.

**Health Supplements** Juliet Gray, Health Supplements Information Service, 1999\*

**Always Follow the Elephants** Anahad O'Connor, 2009-09-29 From The New York Times's intrepid Really? reporter and author of the bestselling *Never Shower in a Thunderstorm*, more mind-opening health facts (and fictions) In this follow-up to the bestselling *Never Shower in a Thunderstorm*, New York Times columnist Anahad O'Connor uncovers the truth behind a hundred more old wives' tales and conventional-wisdom cures. O'Connor investigates nagging questions of domestic safety, such as whether you can get radiation poisoning from standing too close to a microwave. (You'll actually be exposed to more watts from your cell phone.) He unearths astounding first-aid MacGyverisms, such as the attempts by Vietnam War battlefield medics and professional sports stars to seal wounds with super glue. (The bottom line: it works, but can irritate skin.) And he looks into the claim that a pregnant mother with heartburn should expect a hairy newborn (and is as baffled as the scientists who tallied up the clearly evident infant hairdos). For anyone curious about whether to starve a fever or a cold, or whether stifling a sneeze will damage the body, O'Connor delivers yet another winning and irresistible collection of tips about our health.

**The Myths of Health Care** Paola Adinolfi, Elio Borgonovi, 2017-10-25 This provocative appraisal unpacks commonly held beliefs about healthcare management and replaces them with practical strategies and realistic policy goals. Using Henry Mintzberg's "Myths of Healthcare" as a springboard, it reveals management practices that undermine care delivery, explores their cultural and corporate origins, and details how they may be reversed through changes in management strategy, organization, scale, and style. Tackling conventional wisdom about decision-making, cost-effectiveness, service quality, and equity, contributors fine-tune concepts of mission and vision by promoting collaboration, engagement, and common sense. The book's multidisciplinary panel of experts analyzes the most popular healthcare management "myths," among them: · The healthcare system

is failing. · The healthcare system can be fixed through social engineering. · Healthcare institutions can be fixed by bringing in the heroic leader. · The healthcare system can be fixed by treating it more as a business. · Healthcare is rightly left to the private sector, for the sake of efficiency. The Myths of Health Care speaks to a large, diverse audience: scholars of all levels interested in the research in health policy and management, graduate and under-graduate students attending courses in leadership and management of public sector organization, and practitioners in the field of health care.

**Myths and Facts of Generic Drugs ,1987**

**Food Facts, Myths, and Healthy Diets** Prof. Devareddy Narahari, Ph.D.,2017-10-10  
Food Facts, Myths, and Healthy Diets By: Prof. Devareddy Narahari, Ph.D. Nearly half of a person's health is controlled by his or her food and food habits. However, with the rise of certain food myths and widespread confusion over nutrition science, it has become increasingly difficult to separate fiction and fact. In Food Facts, Myths, and Healthy Diets, Prof. Devareddy Narahari, Ph.D. analyzes the latest nutritional research from universities and hospitals. His conclusions provide clear and actionable steps for everyone to transform his or her health. This book outlines how dietary changes can help control arthritis, blood pressure, cardiovascular diseases, diabetes, obesity, and more chronic conditions and illnesses. Dr. Narahari provides information on calories, fats, fiber, food additives (chemicals), genetically modified foods and organic foods, water requirement and quality, and herbs and spices while taking no side but the truth. Food Facts, Myths, and Healthy Diets provides both the science and the details to create a longer and healthier life.

Diet Myths Busted Ann A. Rosenstein,2011 Ann says: Every day we are bombarded with so much information and misinformation about our diets that we don't know what to think. More and more quick fixes are introduced, often contradicting what was just said a year or two ago. In this book I am offering the best available information. I am not suggesting a particular diet or kind of exercise. I am giving you the information you need to make healthy choices for yourself--P. [4] of cover.

The Diet Myth Tim Spector,2015-09-08 "A concise, entertaining book that demystifies the benefits of balanced microbes through healthier eating" by a physician and professor of epidemiology.(Kirkus Reviews)

**Viral BS** Seema Yasmin,2021-01-12 Dissecting the biggest medical myths and pseudoscience, Viral BS explores how misinformation can spread faster than microbes. Can your zip code predict when you will die? Should you space out childhood vaccines? Does talcum powder cause cancer? Why do some doctors recommend e-cigarettes while other doctors recommend you stay away from them? Health information—and misinformation—is all around us, and it can be hard to separate the two. A long history of unethical medical experiments and medical mistakes, along with a host of celebrities spewing anti-science beliefs, has left many wary of science and the scientists who say they should be trusted. How do we stay sane while unraveling the knots of fact and fiction to find out what we should really be concerned about, and what we can laugh off? In Viral BS, journalist, doctor, professor, and CDC-trained disease detective Seema Yasmin, driven by a need to set the record straight, dissects some of the most widely circulating medical myths and pseudoscience. Exploring how epidemics of misinformation can spread faster than microbes, Dr. Yasmin asks why bad science is sometimes more believable and contagious than the facts. Each easy-to-read chapter covers a specific myth, whether it has endured for many years or hit the headlines more recently. Dr. Yasmin explores such pressing questions as • Do cell phones, Nutella, or bacon cause cancer? • Are we running out of antibiotics? • Does playing football cause brain disease? • Is the CDC banned from studying guns? • Do patients cared for by female doctors live longer? • Is trauma inherited? • Is suicide contagious? and much more. Taking a deep dive into the health and science questions you have always wanted answered, this authoritative and entertaining book

empowers readers to reach their own conclusions. Viral BS even comes with Dr. Yasmin's handy Bulls\*%t Detection Kit.

*Never Shower in a Thunderstorm* Anahad O'Connor,2014-08-22 Ever been told that reading in bad light will damage your eyes? Or have you ever noticed that mosquitoes seem to attack some people more than others? Or perhaps you would just really like to know why on earth you shouldn't shower in a thunderstorm? For the reader of an inquisitive or sceptical bent, *Never Shower in a Thunderstorm* lays bare the truth behind the many myths about our health and the world we live in, including: Do tall people live longer than short people? Does celery have negative calories? Why you should never go to work on Mondays? Is chocolate really an aphrodisiac? Covering all aspects of health and human nature, including DNA, sex, exercise, food, the environment, germs, medicine, stress, and general wellbeing, *Never Shower in a Thunderstorm* is a fascinating look at the truth behind the myths.

**Health Care Half-Truths** Arthur Garson,Carolyn L. Engelhard,2008-08 Are you tired of hearing that the American health care 'system' is broken? Well, it is. You can't understand your bill--or pay it; you wait an hour before seeing the doctor for ten minutes; and that was your child who was just laid off, and whose family has no health insurance. *Health Care Half-Truths* shows the ways in which American health care is tarnished and ways in which it shines, explaining that if we are going to make our health care system work for us we must begin with a common set of information. Unfortunately, our current information comes from sound bites that on their surface seem perfectly reasonable, but on closer examination are wrong. *Health Care Half-Truths* untangles the misinformation, misperceptions, and confusion that have confounded the American public and our elected officials. Dr. Arthur Garson identifies twenty myths about the U.S. health care system and uses his extensive knowledge and keen insights to blow them apart.

**Health Myths Exposed** Shane Ellison,2004-11 Florence Henderson, city-bred, concert pianist, and Tom Martin, raised on a farm in Pennsylvania, a professional soldier, fall in love at first sight. The story chronicles the day-to-day life of this unlikely couple and their growing family in the 1920's and 30s and follows them from Tom's posting near Baltimore to his training at Fort Leavenworth and his assignments as instructor at West Point and Assistant Military Attaché at Paris. Tom and his fellow officers try to hold together an army gutted by their country's optimism that there will never be another war while from his vantage point in Paris Tom watches Adolph Hitler prepare for war.

The Enigmatic Realm of **Health Myths Vs Facts**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Health Myths Vs Facts** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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