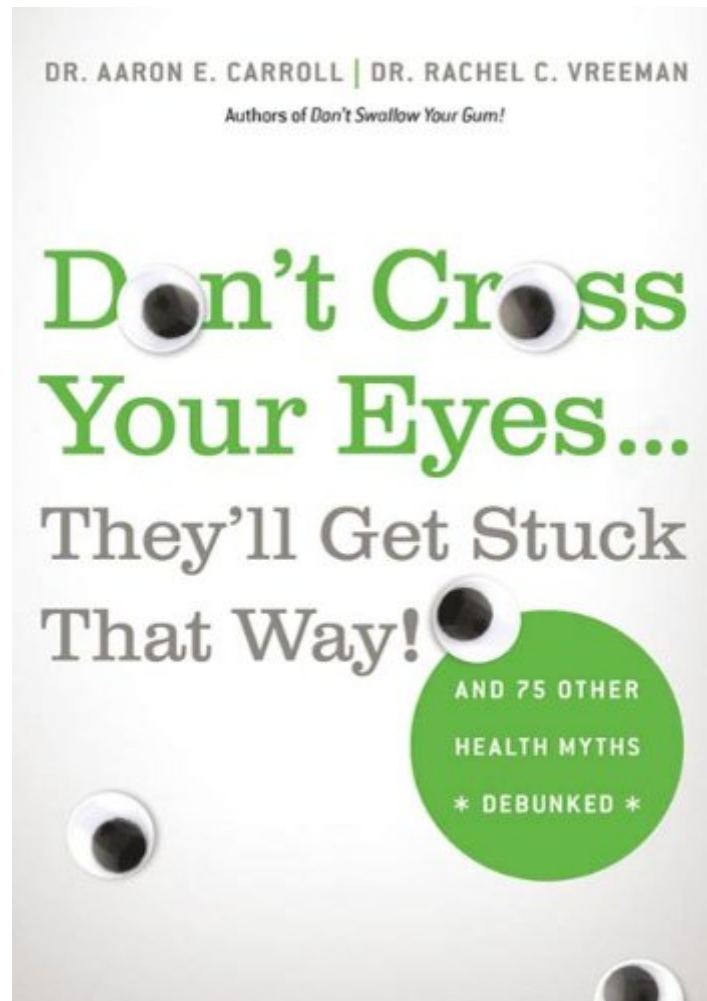


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# Don't Cross Your Eyes...They'll Get Stuck That Way!: And 75 Other Health Myths Debunked



## Synopsis

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.

## Book Information

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## Customer Reviews

This was a fun book to read. Here are some typical beliefs that people say/believe that are NOT true according to the authors.

1. (artificial) sweeteners cause cancer.- You might have heard this statement a few times. However, it is not true. There is no proof that they would cause cancer or

any other health risks according to the authors.<sup>2</sup> The dirtiest part in the (public) bathrooms is the handle- This is not true because the handles and the seats are usually cleaned more than other parts of the bathroom. The dirtiest is probably the floor in the public bathrooms. So if you do want to avoid getting dirt and germs with you/on you then avoid putting down your briefcase on the bathroom floor!<sup>3</sup> Cold makes you sick- not true. There is no proof of this belief. You have probably heard someone say: "you need to put on more clothes because it's cold outside." This is just a myth. You don't get sick because of cold weather - you'll get sick if you catch a flu bug.<sup>4</sup> You'll get sick in the airplanes because of the air that you breath there.This myth probably started with the swine flu outbreak. However, today, usually most of the bugs are killed because the air goes through the air filters. You won't get more sick because you travel by air, than if you travel by bus, train, or spend your time in the office.<sup>5</sup> A glass of milk will help you go to sleep.- It's just a psychological effect, not based on any health reasons. People can connect sleepyness and a glass of milk together in their minds, and thus, drinking a glass of milk just before going to bed can make them go to sleep.I enjoyed reading this book. I hope you will, too!

For 20 years I've been telling my mom that you can't get a cold from sitting under the air conditioner. I almost had her 8% converted if it weren't for that darn SpongeBob SquarePants episode when SpongeBob caught a killer cold by, yup... sleeping with the air conditioner on.I doubt I'll change her mind, but at the very least I can marinate in my smugness knowing that cold weather does not cause colds -- and in fact, it's actually just what we need during cold season. And eggs aren't the high cholesterol demons they've been made out to be. And hydrogen peroxide... well, I don't want to be a plot spoiler on that one.Don't Cross Your Eyes...They'll Get Stuck That Way!: And 75 Other Health Myths Debunked offers scientific proof in the form of a "yes... those old wives tales you hear about are true" or "no, stop drinking the Kool-Aid." Each (potential) myth is broken down into bite-sized reading portions, complete with respected journal studies to corroborate the authors claims.I was kind of shocked by the studies they outed as being laced with shenanigans, as I've seen some of these references on a fair share of health websites.For example, one major brand claimed their product had gone through a double-blind study. However it was later discovered that the "lab" (and I use that term very looesly) conducting this double-blind study consisted of two guys in a garage.I'm no moonlighting beaker heater, but when I think of labs and double-blind studies and sterile conditions, I don't see a garage in the picture.I'll just conclude this review by saying we are seriously satiated by the almighty placebo affect in so many different ways. This book was a real eye opener in that department.

I love how the author debunks standard wives tales like sugar will make kids hyperactive, or that aspartame is somehow bad for you. (imagine how many millions of gallons of the product are sold and consumed worldwide every day, for over for 25 years, don't you think there would be some mass evidence of health concerns?--- And please spare us all by trying to say that there is.) I learned alot, and must admit that there were several other health myths that I too believed in, like not putting a bandaid on a scrape, so as to let it "air out" and thus heal quicker-(not true) I highly recommend this book for a quick, fun and informative read!!

I bought this book because I heard the author answering questions on a talk radio show. This is very informative and they provide enough of the science to validate or debunk myths in laymans terms. Fun to read. I always wondered why I dont get sick more often than others even though I travel on a plane every week? Want to know why? - buy the book ;-)

This is an entertaining way to learn about all the things you think you know about your body and staying healthy that turn out to be wrong. However, I think there are a few too many ways to cure or prevent colds being debunked. No, almost none of them work. Basically, only rigorous hand-washing helps. I would have liked some more info like these gems: stretching does not prevent injuries, warm milk does not help you sleep, paper towels are more hygienic than air dryers. And it is those that make the book worth it, in addition to the fun entertaining way it was written.

What a great little book! I am a primary care physician, and this book does a wonderful job of addressing some of the most common concerns and wivestales that exist in society. The physician author looks objectively at each common thought by reviewing all of the research and summarizing it in a way that the general public can understand and make good decisions based on the current knowledge. I would recommend this to everyone as an easy, fun, enlightening read!

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