



# Health myths

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**Relevance:** in the field of health, there are many myths that are sometimes difficult to distinguish from the truth. In general, human health is a topic that is quite relevant for all times and peoples. Many people, including doctors, believe in myths that have no scientific explanation. And often they believe such myths all their lives.

**Purpose:** to find out and analyze the existing myths about health for compliance with their reality.

**Tasks:**

- a) make a list of myths common myths about health
- b) analyze the myths for their compliance with their reality
- c) create a set of recommendations for healthy habits
- d) what is the theoretical reality?
- e) what is the practical reality?

# 1. Reading in dim light spoils vision



The results of the study, published in the British Medical Journal, show that vision does not weaken from this. There is no experimental evidence for the long-term negative effects of dim lighting on the state of human vision.

## 2.Chocolate spoils the skin

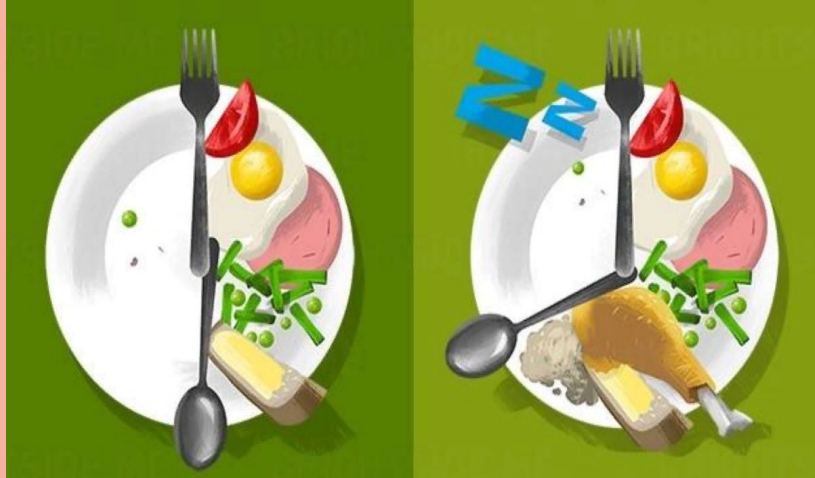
The problem is not in the cocoa beans themselves, from which chocolate is made, but in the added sugar and dairy products. The glycemic index is a measure that measures the carbohydrate content of foods on a scale from 0 to 100.



### 3. For health, you need to drink 2.5 liters a day

In fact, the body's need for fluid depends on many factors: weight, gender, age, physical activity, climate. The daily fluid requirement can vary from 2 to 16 liters per day, depending on the severity of the work performed and the degree of heat exposure





## 4. You can not eat after 18:00

If a person also skips dinner, then the gallbladder does not shrink for a long time, which can be an additional factor for increasing the risk of stone formation.«



## 5.The norm for health – 10 thousand steps

Experimentally, scientists have found that the real benefit is not steps, but daily 20-minute physical activity, and moderate. This can be running, walking, gymnastic exercises, outdoor work, and any other activities.



# 6. Fresh is always healthier than frozen

At the same time, all other vegetables lost significantly less vitamin C reserves after they were frozen - even spinach lost only 30% of this vitamin. The reason is that freezing slows down the oxidation process, which, among other things, causes vegetables and fruits to turn brown after they have been harvested.





# 7.The blood type diet is effective

- People with the first blood group (O) allegedly need to eat more animal proteins – as the hunter ancestors, with the second (A)-to be vegetarians as the gatherer ancestors, with the third (B) – to lean on dairy products as the nomadic ancestors, with the fourth blood group (AB)-to take the best from the second and third



## 8. Carrots and blueberries improve vision

The beta-carotene contained in carrots is converted into vitamin A when broken down in the liver. This vitamin is useful for vision. It is necessary for the synthesis of rhodopsin-the pigment of photoreceptors in the retina of the eye, which are responsible for color and twilight vision, but not for sharpness.



## 9. Do not crack your fingers – you will get arthritis

The mechanism here is the following – when we stretch the joints, the space between the bones increases slightly, and the void is filled with gas bubbles. When the joint contracts again, the synovial fluid "bursts" these tiny balls, and we hear a loud click.



## 10. A cold shower will help to sober up a drunk person

- Jets of cold shower, indeed, can make a drunk person relatively sane, but, unfortunately, not for long. This is explained by the fact that with a sharp pouring of very cold water from the human adrenal glands, adrenaline is released, which reduces the inhibition of the activity of nerve cells caused by alcohol.



# 11. Allergy sufferers are more likely to get cancer than others

People with skin allergies are less susceptible to breast cancer: skin allergies activate their T-cells, which inhibit the development of malignant tumors.



## 12.Sugar and hyperactivity in children

- In 1995, JAMA published the results of a meta-analysis, which was subjected to the most significant scientific articles of the time.



# 13. Cholesterol, heart, nutrition

Some studies have shown that there is no link between consuming large amounts of eggs and cholesterol imbalances, hence there is no increased risk of heart and vascular disease, as well as type II diabetes.



# 1. Milk—a useful product Previously

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# 15. Nitrates are harmful, and eco-products are useful

Scientists have found that the substance nitrosamine, entering the digestive tract with the intake of nitrates, improves the intake of oxygen in the body. Therefore, nitrates are suggested to be used to





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Scientists have found that the substance nitrosamine, entering the digestive tract with the intake of nitrates, improves the intake of oxygen in the body. Therefore, nitrates are suggested to be used to combat senile dementia and prevent disorders