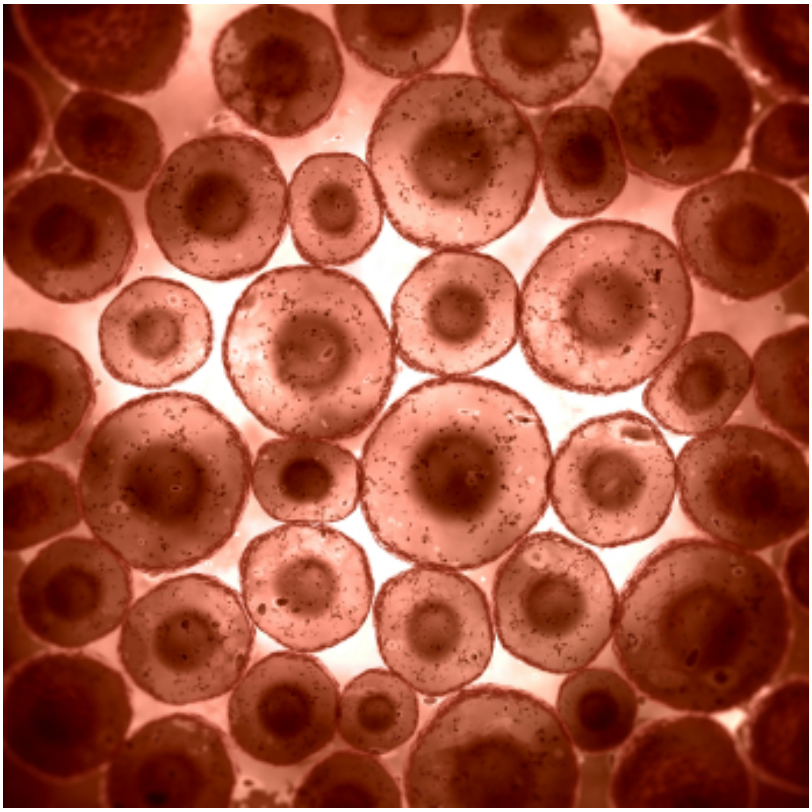
# DID YOU KNOW?



EVERY MINUTE, 300 MILLION CELLS IN YOUR BODY DIE?

and 10-50 TRILLION cells are created in your body EVERY DAY?

1. **Vitamins can make you live longer—False**: Vitamins will not extend your life according to a recent study. In fact, they may lead to an early death. A study done by Copenhagen University found that taking Vitamin A was tied to a 16% rise in premature death.

2. **In order to stay healthy, you need to detox your body—False**: A study by Imperial College, London actually found that detox diets were a waste of time. They found that livers and kidneys are perfect at detoxifying already.

3. **As you grow older your eyesight becomes weaker— False**: This may not always be the case. There are tons of cases of people having perfect eyesight beyond 80.

4. **Getting older means losing your memory— False**: Although Alzheimer's disease is a serious problem for some older adults, less than 15% of people over the age of 65 suffer from Alzheimer's disease. Most people never have serious problems with memory loss.

Vitamins can make you live longer?

5. **You will get a cold if you stay out in the cold— False**: Colds are the result of viruses and though there are enough variations to give you over 200 versions of a cold, you do not contract them just because of the cold. Best way to stay clear of a cold? Wash your hands.

6. **If your parents had a certain type of cancer, you will get it too— False**: While some cancers are genetic, there is no guarantee that you will develop that type of cancer.

7. **We only use 10% of our brains— False**: In reality, brain imaging studies have shown that every area of the brain is completely silent or unused.

8. **Cracking your knuckles will result in arthritis as you age— False**: Though oft disgusting, there is no evidence that suggests the cracking of your knuckles can lead to joint inflammation and arthritis.

9. **You can get a sexually transmitted disease (STD) from a toilet seat— False**: Though the toilet seat can be a hot bed of bacteria, it is almost impossible to get a STD from a toilet seat.

10. **Some people may be too old for cancer treatment— False**: You are never too old to be treated for cancer. All cancer treatments do involve side effects and cancer treatments should be customized to suit the patient's conditions.

11. **If your parents have poor eyesight, you will inherit this trait— False**: This may happen but it is not always true.

12. **Healing is only possible with a trained professional or specialist— False**: Healing begins with you, with your lifestyle choices and your attitude. Just quitting smoking decreases your chances of a heart attack by 50%.

13. **Reading in dim lights ruins your eyesight— False**: Reading in dark lighting is annoying and at most will give you temporary eye strain but it will not give you any negative long term effects.

14. **Cell phones will give you cancer— False**: The media and lawsuits would like you to believe that cell phones will give you cancer but very few studies have shown any real link between cancer and cell phones. You're more likely to get into a car accident from using your mobile.

15. **Some injuries cause cancer— False**: This is an incredibly old myth that originated before doctors knew the real causes of cancer. Often people would go to the doctor for an injury and a tumor would be found but this is a coincidence only.

16. **Living in a polluted city will put you at a higher risk for cancer than smoking a pack of cigarettes a day**— **False**: Entirely false. Even being subjected to frequent second-hand smoke is far worse than living in a polluted city. Dirty air can contribute to lung cancer but actually has a bigger impact on heart disease, asthma, and chronic bronchitis.

17. **Only women get breast cancer**— **False**: While male breast cancer is uncommon, it still happens.

18. **Caffeine causes breast cancer**— **False**: There is no causal connection found between drinking caffeine and getting breast cancer. In fact there is some research suggests that caffeine may actually lower your risk.

19. **Overweight women have the same breast cancer risk as other women**— **False**: Being overweight or obese does actually increase your risk of breast cancer.

20. **Living near power lines can cause breast cancer**— **False**: There is in fact no link between breast cancer and electromagnetic fields emitted by power lines. Many studies have found the same conclusion.

Caffeine causes breast cancer?

21. **Getting older means the end of sexual activity**— **False**: Sexual activity is likely to change over time for older adults. This does not mean that sex at age 78 is not as good as it was at age 18, but it is different. There are positive and negative changes.

22. **The flu can only be contracted in cold weather regions**— **False**: The flu transcends borders and temperatures. In fact, vaccinations are often recommended for certain types of flu when traveling to the southern hemisphere.

23. **While exercise may help you lose weight, you won't live any longer**— **False**: Exercise can indeed help you live longer. A study showed that men who walked just 1 to 2 miles a day reduced mortality by 35%.

24. **Eating carbs makes you fat**— **False**: Starchy foods only become fattening when actual fat such as butter is added. Carbs actually contain less than half the calories of fat and are more filling so you won't overeat.

25. **You are fat because you have a slow metabolism**— **False**: A study at the University of Chicago actually revealed that fat people have faster metabolisms and burn off more calories than slimmer people.

26. **Your heart stops when you sneeze**— **False**: The pressure from your chest as you inhale and exhale affects your heart rate but it does not stop it from beating. So sneeze away.

27. **Eggs will raise your cholesterol**— **False**: Recent studies have actually found that it is safe to eat eggs every day and your cholesterol will remain okay.

28. **Brushing your teeth after sweets prevents tooth decay**— **False**: This is actually bad for you. When you eat something acidic or sugary your enamel is softened so if you brush right away you'll end up scrapping off this protective coating. You should wait an hour at least before brushing.

29. **Swimming after eating is dangerous**— **False**: There is absolutely no medical evidence to support this.

30. **It's not a heart attack unless there are chest pains**— **False**: While heart attacks are associated with intense chest pain, approximately 40% of heart attacks do not appear as such. Heart attacks can often present themselves as indigestion, jaw, neck, or shoulder pain, or extreme exhaustion.

*Disclaimer*: All facts stated above have been proven by scientific studies.