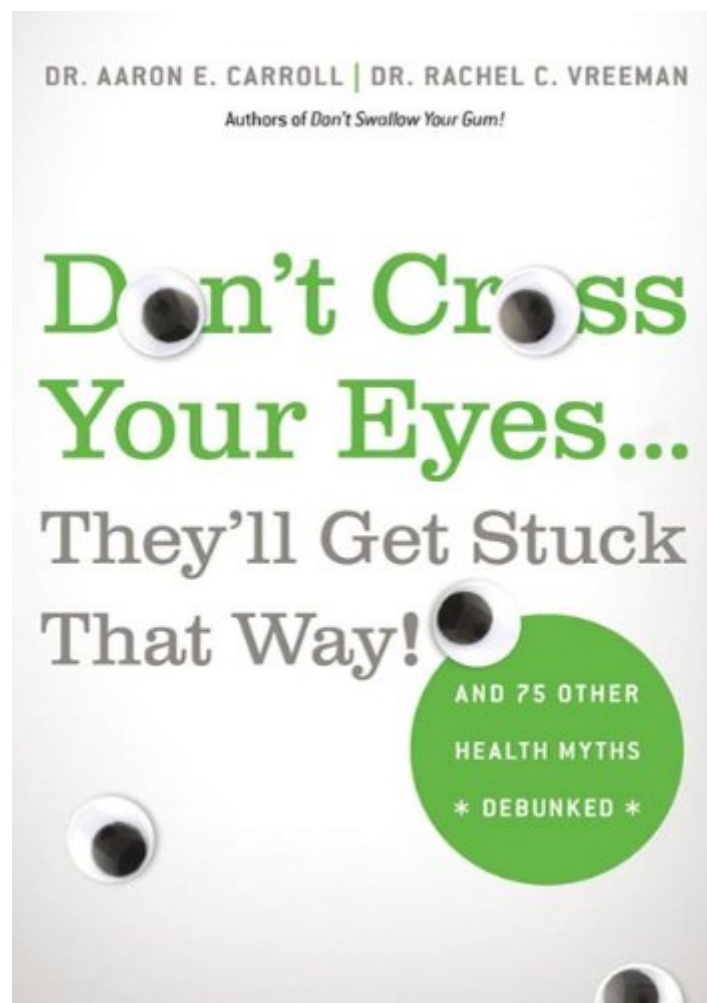




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Don't Cross Your Eyes...They'll Get Stuck That Way!: And 75 Other Health Myths Debunked



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

I'm a med student and a frequent reader of Dr. Carroll's blog, The Incidental Economist. What makes this book so valuable to me is Dr. Carroll's devotion to scientific evidence. He makes this

very clear in the book and provides reference lists to each of the chapters to back this up, but having read his work extensively elsewhere, allow me to reassure you even more about this very important point. As for the content itself, I'm repeatedly struck by how interesting it is and how useful it will be in my day-to-day life. Considering how many times I've had to field related questions, I wish I had discovered the book a lot earlier. The language can be a little annoyingly simple sometimes for my taste--sometimes it feels like an exercise similar to xkcd's "Up Goer Five" -- but it's impressive how little nuance is sacrificed to achieve this simplicity.

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.

I have both books by this author they are just fun to look stuff up in.

This is an scientific examination of those things we are told as children (don't make faces or yours might "freeze" that way). Very enjoyable.

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!!

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!

This is a very funny book that addresses all those funny sayings about our bodies that we heard time and time again from some of our elders. The book is a quick, funny and informational read for all ages. Kids will especially get a kick out of it!

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 ;-)

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