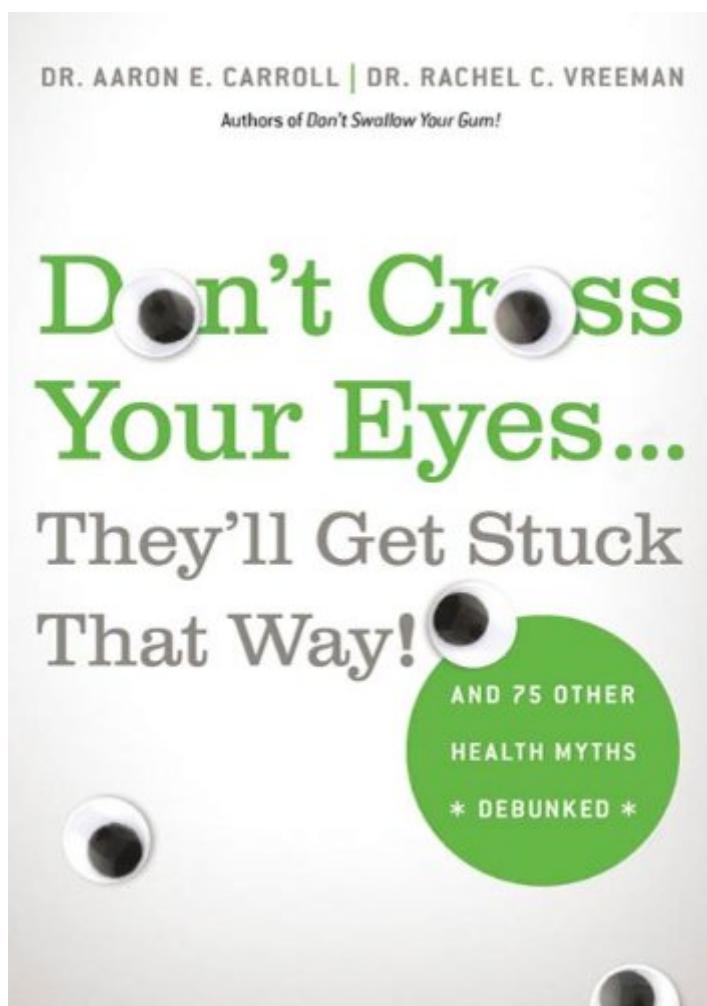


The book was found

# 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

File Size: 819 KB

Print Length: 305 pages

Publisher: St. Martin's Griffin (July 5, 2011)

Publication Date: July 5, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B004YD69WM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #788,459 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #102 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Reference #369 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Reference #493 in Books > Reference > Encyclopedias & Subject Guides > Mythology & Folklore

## 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 a lot, 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 wives tales 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 ;-)

[Download to continue reading...](#)

Don't Cross Your Eyes...They'll Get Stuck That Way!: And 75 Other Health Myths Debunked Cross Stitch: Learn Cross Stitch FAST! - Learn the Basics of Cross Stitch In No Time (Cross Stitch, Cross Stitch Course, Cross Stitch Development, Cross Stitch Books, Cross Stitch for Beginners) Cross Stitch: Learn How to Cross Stitch Simple and Easy Pictures, Patterns, and Shapes - CROSS STITCH (Cross-Stitch, Needlework, Needlepoint, Embroidery, ... Hobbies and Home, Cross-Stitching, Crochet) From Zero to Sixty on Hedge Funds and Private Equity: What They Do, How They Do It, and Why They Do The Mysterious Things They Do They Hurt, They Scar, They Shoot, They Kill: Toxic Characters in Young Adult Fiction (Studies in Young Adult Literature) Debunked!: Conspiracy Theories, Urban Legends, and Evil Plots of the 21st Century International Jobs : Where They Are, How to Get Them (International Jobs : Where They Are, How to Get Them, 5th Ed) The Don't Get Me Started! Toolkit - Workbook and Teacher Answer Key: Strategies for a Culturally-Challenged World (The Don't Get Me Started! Toolkit - Workbook and Teacher Key) (Volume 1) Miracles: What They Are, Why They Happen, and How They Can Change Your Life Stuck Up!: 100 Objects Inserted and Ingested in Places They Shouldn't Be Do Over: Rescue Monday, Reinvent Your Work, and Never Get Stuck GREEK MYTHOLOGY: Greek Gods Of Ancient Greece And Other Greek Myths - Discovering Greek History & Mythology - 3rd Edition - With Pics (Greece, Greek, Egyptian ... Greek History, Mythology, Myths Book 1) Myths of Modern Individualism: Faust, Don Quixote, Don Juan, Robinson Crusoe (Canto original series) Suing Abusive Debt Collectors: Don't Get Mad, Get Even and Get Paid! Understanding Girls with ADHD, Updated and Revised: How They Feel and Why They Do What They Do Working: People Talk About What They Do All Day and How They Feel About What They Do The Employee Experience Advantage: How to Win the War for Talent by Giving Employees the Workspaces they Want, the Tools they Need, and a Culture They Can Celebrate The 100 Best Business Books of All Time:

What They Say, Why They Matter, and How They Can Help You OVERRULED- Your Objections to Asking for Referrals!: Why Lawyers Fail to Get the Referrals They Deserve and Need to Grow Their Practice and What They Can Do About It Defeating ISIS: Who They Are, How They Fight, What They Believe

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)