

11 misconceptions about the most common human body that billions still believe

You are invited to learn 11 misconceptions about the most popular human body that billions of people still believe in the article below!

1. Want a proper diet, don't ignore these 10 serious mistakes!
2. 11 most common misunderstandings that billions of people around the world still believe
3. What bad thing will happen if you dare to skip meals?

In life, we often have many ' *obvious* ' statements related to health care issues without knowing that these are misconceptions. Interesting facts about the human body such as how to use vitamins properly, whether you need to have a full 8 hours of sleep a day or if you have an addictive route will help you better understand your body.

There are things that you have always believed to be true but are not true at all. We bet that after reading **11 misconceptions about the most common human body that billions of people still believe in this stock**, you will have to update and immediately know about your body!

Myth 1: Vitamins help us stay healthy



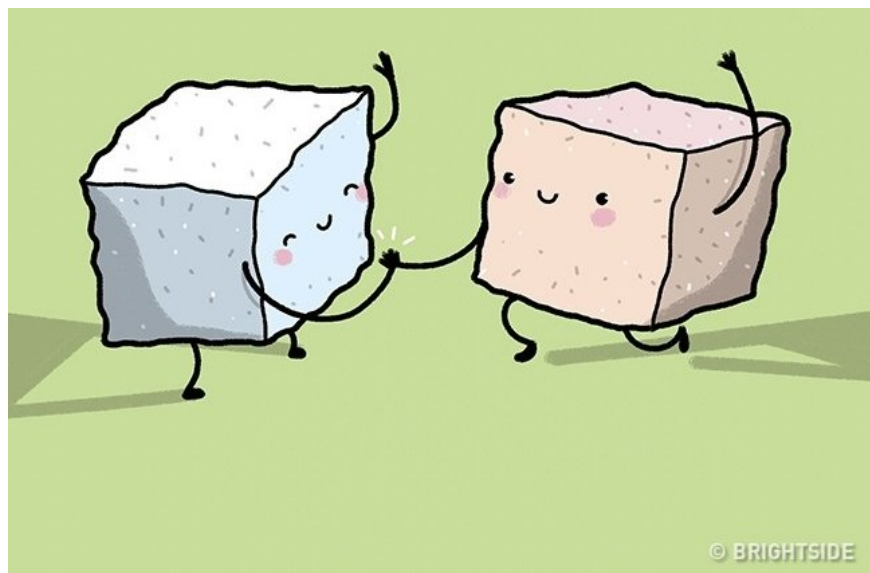
People often think that with just one pill, we can improve health. However this is not true. **Vitamins only work to regulate the body's activity.** Users should be cautious when taking vitamin supplements and supplement only as directed by the doctor. **Excess vitamin may cause more harm than good .**

Myth 2: Reduced oxygen is green



Blood is never green. When oxygen loss, blood is dark red and when enough oxygen, blood is bright red. **In the textbook that we learned, there was a blue drawing to emphasize the contrast with enough oxygen .** The veins you see underneath your skin are green because the light shining on them is refracted.

Myth 3: Brown sugar is healthier than white sugar



In fact, **brown sugar and white sugar are the same** , they differ only in molasses content. Therefore, brown sugar has more molasses, so it is darker.

People often mistakenly think brown sugar is healthier than white sugar because its taste is not as sweet as white sugar. In fact, not because brown sugar has more water than white sugar, so its taste is lighter.

Myth 4: Alcohol kills brain cells



Drinking a lot of alcohol affects the metabolism in the body and leads to a lack of oxygen. This can damage the connection between brain cells but does not affect them as directly as people think.

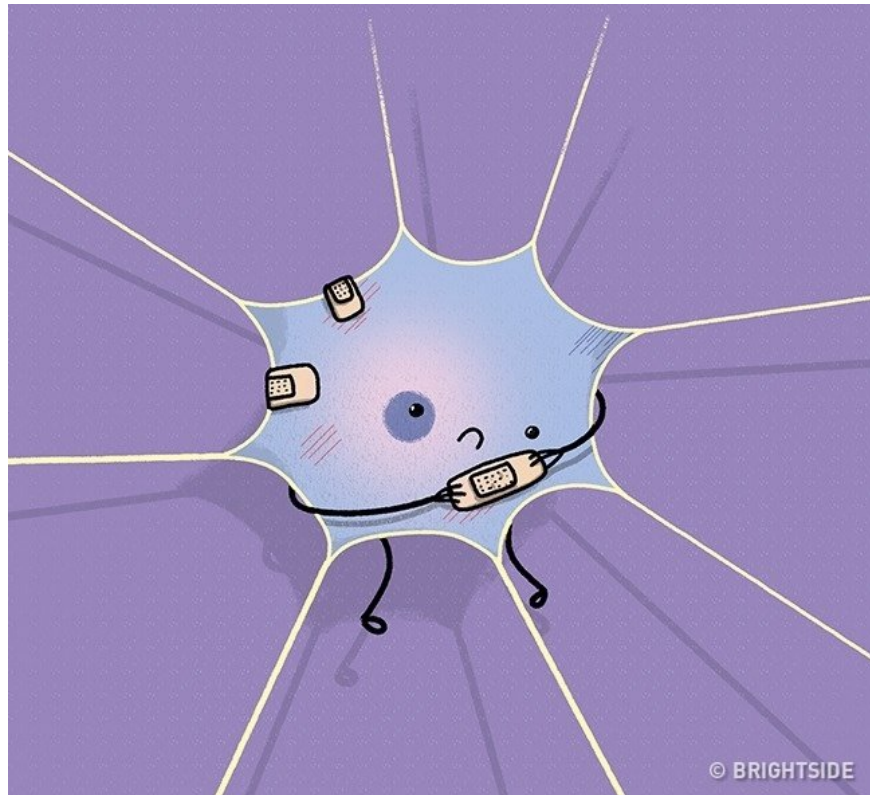
Myth 5: The road makes children active



In fact, sugar does not make children more active or hyperactive. Sugar provides calories for the body, which calories mean energy. So, for some children who eat a lot of sweets, energy is only released from their bodies. **Hyperactivity or hyperactivity in children is not entirely caused by eating sugar** . But remember, sugar is always harmful to teeth.

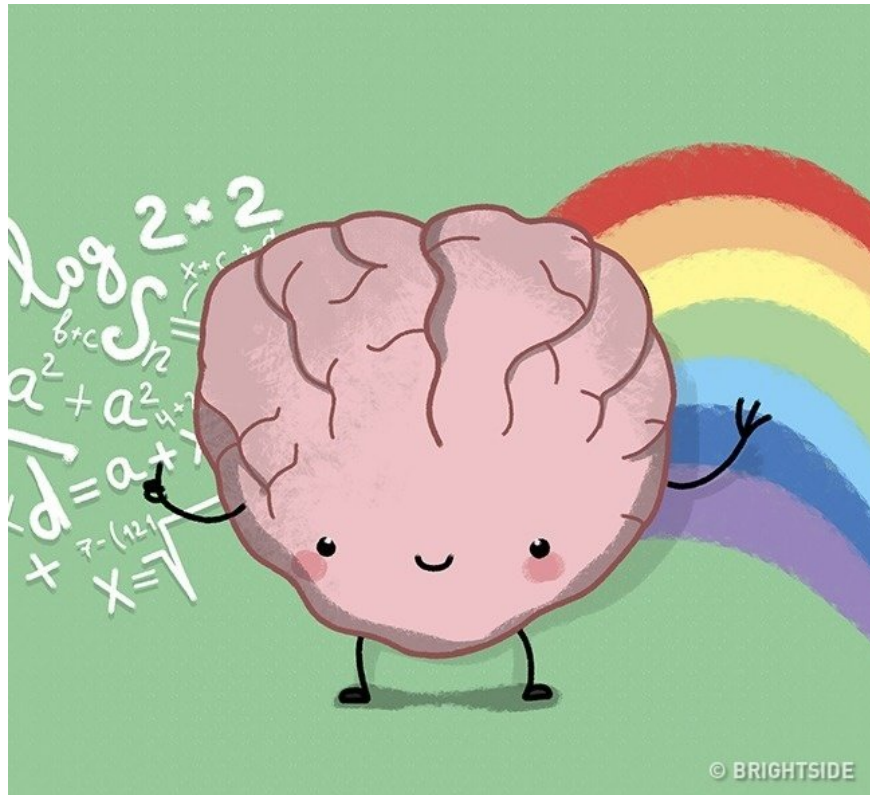
See also: Check out 10 kinds of special foods that are harmful to teeth

Myth 6: Neurons are unable to replicate



Neurons that are unable to reproduce are not true. The dying nerve cells are a continuous and completely natural process. New neurons will be produced and appear in different areas of the brain. When you feel stressed, it is because the chemicals make nerve cells work and interact with each other, not because the existing neurons are used up.

Myth 7: The left hemisphere is the source of creativity; right brain hemisphere is the source of logic



Most of us know that the left hemisphere is responsible for certain functions and controls the right hand. However, scientists still find that any person with this hemisphere grows more than the other hemisphere. Some areas of the brain receive tasks related to creativity and it is located in both the left and right hemispheres of the brain.

There are no human uses of the hemisphere's bias. Similarly, creativity is due to many separate functions in the brain that decide and they are located on both sides of the right and left hemisphere.

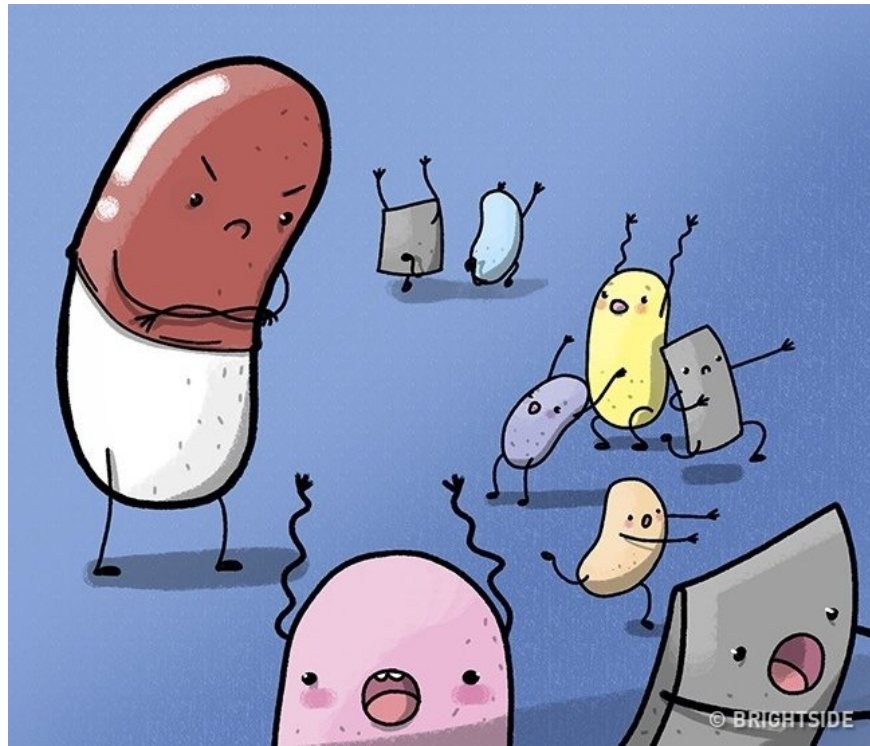
Myth 8: You need to sleep 8 hours / day



Everyone thinks we should sleep 8 hours a day. However, the **amount of sleep needed will depend on each person's body** . The only true thing is that lack of sleep is harmful to health.

For some people, sleeping for 6 hours makes them feel healthy; while others feel tired, lethargic despite sleeping up to 9 hours.

Myth 9: Antibiotics kill the virus



Antibiotics only kill bacteria . Influenza is caused by a virus that does not respond to antibiotics. This case is like using a personal bandage to treat a headache, it will not work.

See also: 8 abnormal signs on the skin warning the body is having serious health problems

Myth 10: Eating chocolate will have blackheads



Scientists conducted an experiment by giving participants a test of chocolate bars with 10 times the chocolate content. Then compare the number of blackheads of these people before and after the experiment, they found no difference. This may sound strange, but it's true. Therefore, **eating chocolate will cause blackheads only to be completely unfounded** .

Myth 11: The road will be addictive



In 2009, a book revealed the results of an experiment in which rats were fed a large amount of sugar for several days. When undergoing this diet, they cannot live without medicine.

However, when the experiment was applied to humans, the same effect did not occur. And of course, humans cannot survive if they eat only one sugar. Therefore, there is currently no research to prove that people who eat a lot of sugar will be addicted to sugar.

Bonus:



1. **Shaving much will make the beard thicker** . By age, the beard gradually became thicker and darker, but that did not involve much or less shaving. After shaving, the beard is often " worn " on the head, creating a stiff feeling when growing again.

2. **Sleep for 8 hours a day** . Scientists believe that each person's sleeping time is different. It depends on the genes in the body and many other factors. Try to listen to your body to understand what it needs.
3. **Urine can reduce the itch caused by jellyfish** . This tip is very common but in fact urine cannot neutralize burns caused by jellyfish. Washing with clean water is more effective.

See also: 10 very good foods for the liver that you should not ignore

Having fun!

You finished reading the article "**11 misconceptions about the most common human body that billions still believe**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.