

Decode misconceptions about health

Daily habits such as drinking water, breaking knuckles, eating breakfast, taking vitamins, rolling armpits ... need to follow any rules so as not to affect your health?

1. How to drink water? See advice from experts!
2. What if your body does not drink water?

There are habits in the long life that we often think is true but in fact it is completely wrong.

Daily habits such as drinking water, breaking knuckles, eating breakfast, taking vitamins, rolling armpits . need to follow any rules so as not to affect your health?

1. Drink 8 glasses of water a day



We often hear or read somewhere that we need to drink 8 glasses of water every day. But in fact do you ever count the amount of water you supply into your body? Studies show that we often drink water when we feel thirsty, which is enough to keep our body healthy and retain water.

In addition to filtered water, we also provide other foods that are rich in body water, such as soups, fruits, vegetables and drinks, such as fruit juice, tea and coffee, all help replenish water.

Want to know if your body has less water or not just look at the urine color, if your urine is dark yellow, provide more water for your body!

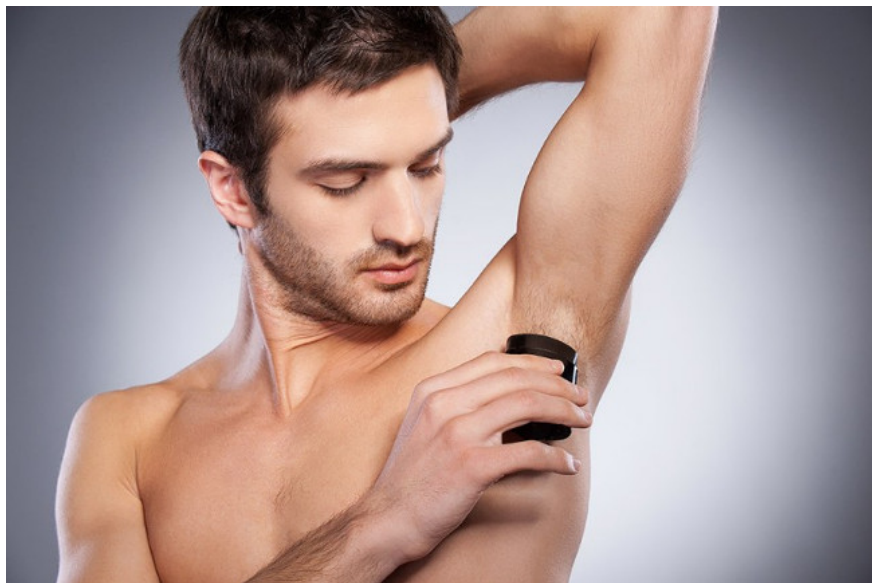
2. Eggs are harmful to the heart



Many people believe that eating eggs, especially egg yolks, is very harmful to the heart. But actually eating 1 to 2 eggs a day doesn't increase the risk of heart disease in healthy people.

It is true that egg yolk has cholesterol, but for most of us, the amount of cholesterol found in a certain food is not as bad as the combination of fat from everything you eat. Moreover, eggs have nutrients, such as omega-3, that can reduce the risk of heart disease.

3. Deodorant rollers can cause breast cancer



Some studies show that chemicals in deodorant products or products that prevent sweat when used will be absorbed through the armpit skin, leading to an increased risk of breast cancer. However, the National Cancer

Institute said there is no evidence that these products are related to breast cancer.

4. Cold is caused by cold body



No matter what your grandmother says, staying long in the cold doesn't make you sick. One study found that healthy men who spend many hours in temperatures above freezing have increased anti-virus activity in the immune system. In fact, you are more likely to get sick when you are indoors, where pathogens easily pass through.

5. You need to take vitamins every day



Taking vitamins is the best way to help the body absorb nutrients that are not in the diet. This is also agreed by researchers. However, these vitamins are not really as good as those found in healthy fruits, vegetables, grains, nuts and oils.

6. Breakfast to lose weight



People who want to lose weight are often advised to use a lot of breakfast and limit eating lunch and dinner. When eating a full breakfast will help the body not feel hungry thus preventing arbitrary eating later in the day. However, for those who do not like breakfast, it can be kept slim.

Studies have shown that many people who don't eat breakfast don't eat too much at noon and dinner, and they eat less than about 400 calories a day. Bottom line: Quitting breakfast can help some people lose weight in a healthy way.

7. Sugar makes children increase



Sugar and sweet foods are indeed not beneficial for children, but many studies have shown that sweet food does not make children hyperactive, does not affect their academic performance nor distract children. middle However, many parents are having misconceptions about this type of food.

8. Toilet toilets can make you infected



Many people often assume that the toilet base is the place that contains the most bacteria. But you are wrong, because the toilet seat is much cleaner than the door, door handle and toilet floor. These areas are often surrounded by bacteria such as E. coli, norovirus (causing digestive disorders) and flu. So, instead of lining paper on the toilet, you should use paper for hand-liner before touching the door or door handle, and use hand sanitizer or hand wash afterwards.

9. Joint cramps can cause arthritis



Sound may annoy people around you, but that's all the harm it causes. You may think that the bones or the knuckles of each other cause a 'shake', but they are not. It was the explosion of air bubbles formed between the bones.

If you like to crack your fingers, go ahead. Studies show that it does not cause or play a role in arthritis. If you experience frequent or severe pain while doing so, see your doctor.

Having fun!

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