7 Myths and truth about meditations

**Myth: If you’re really hurting, you can ignore the label and take more pills.**

The truth is, if you take more than the dosage on the label it can hurt you.

“The recommended dose of an over-the-counter (OTC) or prescription drug isn’t just a suggestion — it’s a careful calculation based in years of research, clinical testing and practice,” Wyman says.

**Myth: Once you feel better, you don’t have to keep taking medication.**

If your symptoms are gone but your medication isn’t gone yet, you may be tempted to stop taking your pills.

Your doctor prescribed that medicine because you need it. You want to make sure to take all of the medication your doctor prescribed to you.

**Myth: Natural supplements are always a safe choice.**

Natural [supplements](https://health.clevelandclinic.org/supplements-otcs-may-hurt-your-kidneys/) may seem safer and healthier than medications, perhaps because of the word “natural.”

The word “natural” doesn’t always mean “safe.” It also doesn’t mean you can skip talking to your doctor about them, either.

**Myth: Antibiotics are the answer for every illness.**

You may have heard the misconception that antibiotics are a treatment for everything — but this is absolutely not true.

[Antibiotics](https://health.clevelandclinic.org/4-things-you-need-to-know-about-antibiotics/) are only helpful in illnesses caused by bacteria, such as Strep throat.

Most illnesses, like colds and sore throats, are caused by viruses that don’t respond at all to antibiotics.

**Myth: You don’t need to tell your doctor which vitamins you take.**

You may be thinking vitamins are also somewhat natural because a lot of them are found in foods so you don’t need to even bother mentioning them to your doctor.

**Myth: It’s best to keep medication handy in the bathroom or kitchen sink.**

You may think putting medications where you’ll see them every day is the best way to remember to take them.

Although this may remind you to take them, storing medications and supplements on a bathroom countertop or by the kitchen sink is not recommended.

**Myth: It doesn’t matter how you swallow a pill as long as it gets where it needs to go.**

You might think changing how you take your pills (or what you eat or drink with them) is more convenient or works better than the way the label suggests.

The size and amount of pills are designed so the pill dissolves over a specific amount of time in your system, most likely not all at once.