

Debunking health and body myths



Hair and nails
Myth: Our hair and nails continue to grow after we die

Debunking the myth: The body dries out after death and the skin around the hair

and nails shrink and retract, thus making hair and nails look longer than it actually is.

Online articles on this topic are retrievable from the NLB's eResources website accessible via <http://eresources.nlb.gov.sg>

A myth is a traditional story, especially one concerning the early history of a people or explaining a natural or social phenomenon, and typically involving supernatural beings or events, usually passed down through word-of-mouth. [Oxford Dictionary].



Grey hair
Myth: Don't pull out a grey hair, two will grow back in its place

Debunking the myth: Each hair grows out of a single

follicle but grey hair will multiply as time goes on, hence giving the appearance that more grey hair appears when we pull on one.

Find out more on this topic of hair care and hygiene. The call number for books on this topic is 646.724.



Cracking knuckles and arthritis
Myth: Knuckle-crackers will suffer arthritis in old age

Debunking the myth: There are several articles

linking finger injuries resulting from knuckle-cracking habits, which include swollen hands and reduced hand strength.

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Rain and colds
Myth: Don't play in the rain, you will catch a cold

Debunking the myth: Cough and colds are caused by viruses. It is advisable to keep ourselves warm during cold weather.

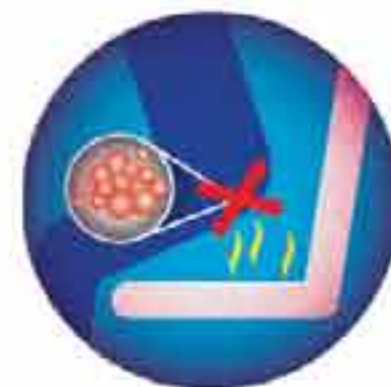
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Weight loss and saunas
Myth: We can lose weight by having regular saunas

Debunking the myth: Since we perspire during sauna, our weight becomes lighter. But the lost fluid is gradually replaced as we consume water throughout the day.

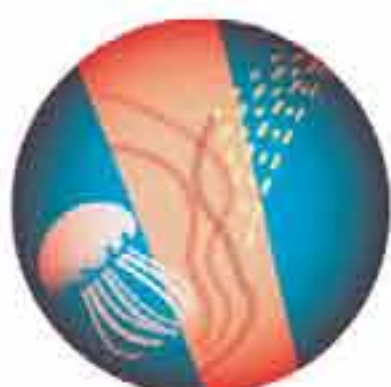
Find out more on this topic. The call number for books on this topic is 613.41.



Hot seats and piles
Myth: Sitting on a chair/seat that has just been vacated by someone will cause piles

Debunking the myth: Piles could be caused by constipation, prolonged sitting or standing, obesity and pregnancy, but never by sitting on a "hot" seat.

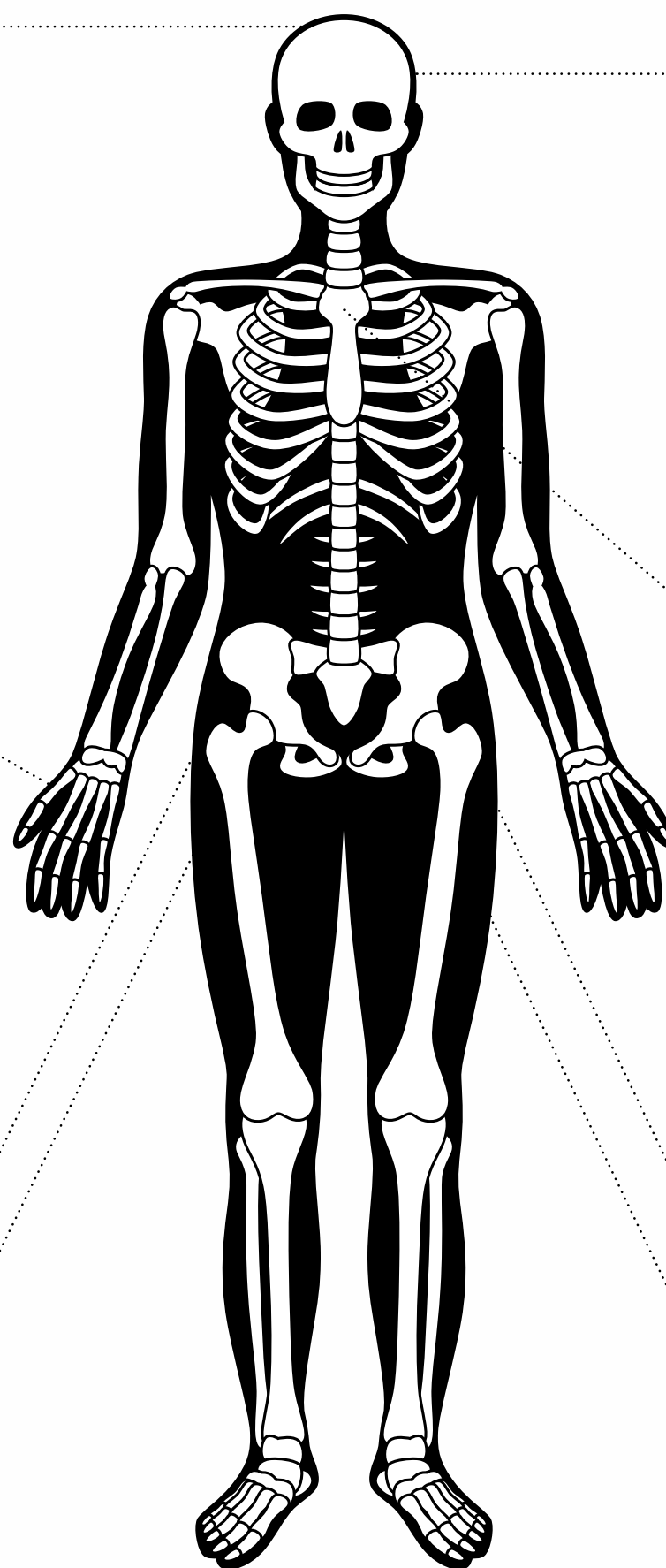
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Jellyfish quick remedies
Myth: When stung by jellyfish, pour urine or domestic vinegar over the spot to stop further discharging of the nematocysts (stinging cells)

Debunking the myth: Vinegar is known for its therapeutic use and hence provides better temporary relief.

Find out more on vinegar and its therapeutic use. The call number for books on this topic is 664.55.



The next time you hear about something which may seem extraordinary, be S.U.R.E to identify the source, understand the topic/issue, research it with multiple sources and evaluate all your findings to find the best answer.



Toothpaste and swelling
Myth: Put some toothpaste or butter on a burn to prevent swelling

Debunking the myth: It is crucial for your doctor to determine the severity of the burn area and provide an actual prescription. It will be difficult to do so when these substances are applied.

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Source
Look at its origins.
Is it trustworthy?

Understand
Know what you're reading.
Search for clarity.

research
Dig deeper. Go beyond
the initial source.

evaluate
Find the balance. Exercise
fair judgement.

