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### Health Myth 1: Deodorant Causes Cancer

In recent years, some confusion and fear regarding the use of antiperspirants and deodorants have certain chemicals that can be absorbed by the body, make their way in to breast tissues, and increase the likelihood obtaining tumors and breast cancer.

**Truth:** The national Cancer Institute has done several in-detailed studies which have proven that there is absolutely no evidence connecting antiperspirant or deodorant to the onset of tumors or cancer.

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### Health Myth 2: Cracking Joint Causes Arthritis

It is often heard that by cracking joints; such as your knuckles or toes, is the cause of rubbing the joints together, thus, when done in excess, can result in arthritis.

**Truth:** In fact, cracking your joints does not mean the joints are rubbing against one another. Instead, the popping sound one hears is the release of gas bubbles that are released or “pop” when the bones are cracked.

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### Health Myth 3: All Fats are Bad

All fats including saturated unsaturated, oils, and trans fats are bad for you and lead to weight gain and fat storage.

**Truth:** “Bad” fats, such as artificial trans fats and saturated fats, are guilty of the unhealthy things all fats have been blamed for—weight gain, clogged arteries, and so forth. But “good” fats such as unsaturated fats and omega-3s have the opposite effect

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### Health Myth 4: Skipping Meals to Lose Weight

Some people feel that if they skip a meal, they will lose weight. Others also believe that if you skip a meal, you can replace it by eating more food during the next meal.

**Truth:** Skipping meals can result in overeating at your next designated meal. This is because when you skip a meal, your body slows down its metabolism to compensate for the lowered food intake. Therefore, the best option is to eat frequent, yet small portions throughout the day in order to avoid heavy meals or overeating.

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### Health Myth 5: Exercise as a Weight Loss Tool

Some people rely on exercise only to lose weight. They believe that if they eat unhealthily, yet, exercise a lot they will lose weight.

**Truth:** Between hormonal changes due to aging and pre-existing injuries getting in the way of the necessary intensity, exercise by itself will be least effective. A combination of healthy eating and physical activity may result in weight loss overtime, but it is important to consider the enjoyment and potential for longevity when choosing an appropriate workout