

Food Myths Debunked Why Our Food Is Safe

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“We do not need to go on any of these cleanses because our body does this naturally via the kidneys, liver and digestive system,” Rabess confirms. MYTH: All processed foods need to be avoided ...

Nutrition tips: 11 healthy eating myths fact debunked by nutrition experts
We can't see dust mites, but they're all around us—and up to 20 million Americans are allergic to them. Here's what you should know about these tiny pests, including how they can cause allergies. The ...

Here's What You Need to Know About Dust Mite Allergies
A product labeled "hypoallergenic" should contain few or no allergens (and a pet should be less likely to cause an allergic reaction), but there is no legal definition of the word. The post What Does ...

What Does Hypoallergenic Really Mean?
Celebrities, anti-GMO groups, and food trends have spread misleading ... conventional counterparts,” Winter said. So why do the anti-GMO myths persist? A group of biotechnologists and ...

Is Organic Really Better? 4 Food Myths Debunked By Science
Have you spent a considerable amount of money to buy organic skin care products without results? Ever wondered why your ayurvedic skincare products are not working? It may be because of ...

Six skincare myths that need to be debunked
When it comes to health, myths are just commonplace. One study says this, one doctor says that, a chronic celeb posts it on their social media feed and—voila!—a myth is born. We talked to the experts ...

The Biggest Health Myths of All Time
ONE of the many reasons why most people refuse to give Japanese food a try is due to the prevalent sushi myths they have heard. Today, we unearth and debunk some of the sushi myths once and for ...

Sushi myths debunked
Is steam inhalation a cure? Does the vaccine change your DNA? Does hot weather kill the virus? Emma Loffhagen separates fact from fiction ...

10 of the most googled Covid-19 myths debunked
Here, TrueSport Expert Kristen Ziesmer, a registered dietitian and board-certified specialist in sports dietetics, explains what parents need to know about fasting and young athletes. Eating when ...

Nutrition Myths: Fasting
The American Academy of Dermatology recommends reapplying sunscreen every two hours when you're outside, but a recent survey found that 42% of U.S. adults do not reapply sunscreen or only ...

4 skin myths vs. facts
Have you spent a considerable amount of money to buy organic skincare products without results? Ever wondered why your ayurvedic skincare products are not working? It may be because of certain skin ...

Debunking six common skincare myths
That's why if you have a sensitive digestive system ... you may want to go for a swim which brings us to our next claim—you should wait 30 minutes before swimming after eating.

VERIFY: Debunking common summer myths
With weather being a strong interest in human beings for thousands of years, we have learned more and more about the science of weather and how certain weather events work ...

Myth or Fact? 7 common weather myths explained
If you're one of millions nursing a sore head today and wondering how you'll make it to 5pm following England's dramatic Euros final exit - here's what the experts say you should and shouldn't do.

Nursing a Euros final hangover from hell? The best cures to help you make it through the day - plus why a bacon sandwich is NEVER a good idea
These are only some of the many myths ... debunking mistaken beliefs about our skin. “In some cases, patients may have never had any breakouts at all during adolescence. We don't quite ...

Acne treatment myths busted, from breakouts caused by greasy foods and make-up to popping spots and toothpaste to make them go away
The production of Irish beef uses more fertilisers to cultivate grassland, and the industry generally uses more energy. So why not go plant-based, says one animal rights expert?

Why the Irish beef industry should surrender to 'greener' meatballs
To help us decipher what is fact and what is not, Dr. Melissa Ward, an epidemiologist and postdoctoral associate in the Community-Based Research Institute, and Dr. Mary Jo Trepka, professor and chair ...

5 Covid-19 vaccine myths debunked
And, if exercise is so good for you, why do so many of us hate doing it? We know that exercise keeps us healthy, but how can we make it more enjoyable? We dig into the truth about exercise – from the ...

Harvard Human Evolutionary Biologist Busts Myths About Exercise
Why? Because, as our experts explain, UV exposure adds up over time and results in sun damage either way. “You don't just need sunscreen on beach days, but rather every single day, even when you ...

7 Major Myths About Sunscreen—Debunked
Ecologist Chad Hanson calls his new book “Smokescreen: Debunking Wildfire Myths to Save Our Forests and Our Climate,” but it could just as well be titled Why We Should Love Dead Trees.