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Don't Cross Your Eyes...They'll Get Stuck That Way!: And 75 Other Health Myths Debunked

Aaron E. Carroll, Rachel C. Vreeman

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The ultimate myth-busting collection of quirky and curious facts about your body and health

In 2009, Drs. Aaron E. Carroll and Rachel C. Vreeman explored a wide range of myths and misconceptions about our bodies and health in the media sensation, *Don't Swallow Your Gum!*, featured on *The Dr. Oz Show*, CNN, and in *The New York Times*, *USA Today*, and more.

Now, they're delving into a whole new collection of myths based on the latest scientific research, including:

• Eggs give you high cholesterol.

• You should stretch before you exercise.

• Kids in day care catch more colds.

• Sit-ups or crunches will flatten your stomach.

• A glass of warm milk will put you to sleep.

With a perfect balance of authoritative research and breezy humor, *Don't Cross Your Eyes . . . They'll Get Stuck That Way!* exposes the truth behind all of the things you thought you knew about your health, your well-being, and how the body works.

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