

Myth in health education





Myth in health education

prepared and produced by:

Health Promotion Department - SCFA



@sharjah_health |



+971 / 50 899 1346

Myth is:

A belief or thought **based on mere imaginations or experiences without a logical reason based on science and knowledge**, and myths are usually associated with customs inherited by peoples and generations, either it is a belief or a practice. Today, with the presence of modern technologies, social media and multiculturalism, it has become easy to circulate and exchange these myths, believe them and apply them. Let's see some of the most prominent of these myths and what is the scientific reality behind them



Myth #1:

Chocolate causes acne



Fact

Hormonal changes affecting the sebaceous glands, especially during adolescence, and their increased secretion cause acne. Moderation is required in the quantities of chocolate intake due to its high content of saturated fats



Myth #2:

Green tea is a fat burner and aids in weight loss



Fact

Green tea is rich in antioxidants, which help to stimulate the metabolism or burning process by a small percentage, meaning that one cup helps to burn between 10-50 calories



Myth #3:

Organic products are the best



Fact

The organic product is known as those that are produced according to organic standards and approved by the regulatory authorities so that pesticides and chemical fertilizers are not allowed to be used during their cultivation and natural fertilizers are used, and as for meat, animals may be given natural food and raised in good places without adding antibiotics or growth hormones. However, there is no scientific evidence that organic products are superior in nutritional value to other regular products, all you need is clean and wash them well to get rid of the pesticide residue



Myth #4:

White line on the nails are evidence of calcium deficiency



Fact

Don't worry, the white lines are caused by a change in the color of the nail caused by a slight injury or impact that we may or may not feel, and they disappear as the nail grows



Myth #5:

The electric treadmill causes joint stiffness



Fact

Walking in general is a sport that helps prevent roughness and relieve its symptoms, but when walking on treadmill, you must consider wearing sports shoes intended for walking, and it is not recommended to raise the level of inclination of the device much for those who suffer from knee roughness. The individual can choose the appropriate walking method for him according to his desire and most importantly continue to maintain the health of the bones and joints



Myth #6:

Brown bread are less calories than white bread



Fact

Both are made from grains such as wheat, or barley, but the difference is that in brown bread, the grains are ground whole with their husk, which increases their fiber content, while the white baked goods grind the grains after removing their husks. Which means that both are almost equal in calories, but the benefit in the level of fiber is to improve the processes of the digestive system and give the body a feeling of satiety for a longer period, which helps reduce the amount of food eaten during the day



Myth #7:

Energy drinks give you energy



Fact

Energy drinks are composed of mixture of stimulants and stimulating ingredients, the most important of which is caffeine and taurine at very high levels, causing an acceleration in the heartbeat, tremors, tension, anxiety, insomnia, and disturbed sleep. This increase in the level of energy in the body is not considered as healthy. In some cases, especially among children and adolescents, documented deaths have been associated with electrical disturbances, convulsions, and high blood pressure

Our lives today are full of such myths and beliefs, **we should not be part of spreading it among individuals without making sure of the accuracy of what was mentioned in them by specialists.** Our body are precious that should not be underestimated by tampering with practices and behaviors that may sometimes be dangerous to our health





المجلس الأعلى لشؤون الأسرة
Supreme Council For Family Affairs

التثقيف الصحي Health Promotion

إدارة التثقيف الصحي - Health Promotion Dept

المجلس الأعلى لشؤون الأسرة بالشارقة - SCFA - Shj

الإمارات العربية المتحدة • حكومة الشارقة • المجلس الأعلى لشؤون الأسرة • إدارة التثقيف الصحي

هاتف: 06 5065536 • البراق: 06 5065695 • البريد الإلكتروني: health.promotion@scfa.shj.ae

P.O. Box : 61161- Sharjah

Tel : + 971 6 506 5536

Fax : + 971 6 506 5695



@sharjah_health | +971 / 50 899 1346