



HEALTH AND WELLBEING MYTHBUSTING 101



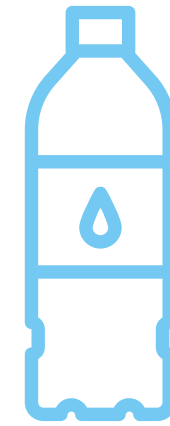
You need 10,000 steps a day to be healthy

What science shows: The concept of 10,000 steps a day started with a marketing gimmick and not medical science. It originated with the manufacturer of an early Japanese pedometer and arose because the Japanese character for “10,000” looks like a person walking. There is nothing magical about the 10,000 step number. While movement is certainly good for you it is not a dose-response relationship so more can actually be less.

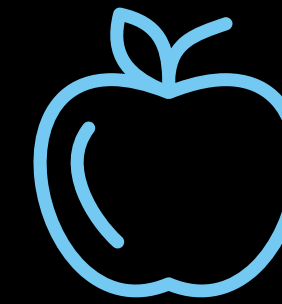
You must drink 2 litres of water each day



What science shows: Everyone has different hydration needs and should adjust their water intake accordingly based on their activity level and signs of dehydration. The colour of your urine can be a good indicator of your hydration status. If your urine is clear more often than not, it can be a sign that you’re drinking too much water.



Natural sugars are better for you than refined sugar



What science shows: Your body processes all simple sugars the same way. By all means use honey or maple syrup or agave syrup if you prefer how they taste but know that they are treated the same way by your digestive system. The only exception is the sugar in fruit (but not fruit juice) because the sugar in fruit comes along with fibre and a host of health-promoting compounds. The jury is out on low calorie sweeteners (i.e., artificial sugars) with research showing mixed findings. Aspartame, the sweetener in Coke Zero and Diet Coke, is one of the most studied chemical compounds on the planet. If there is any risk associated with it, that risk is very small.



Breakfast is the most important meal of the day

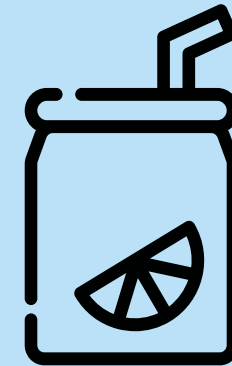
What science shows: The idea that breakfast is the most important meal of the day was created by breakfast cereal companies. In reality it’s fine to skip breakfast. Indeed, the science behind intermittent fasting suggests that skipping breakfast could benefit you more than eating it. What really matters is the quantity and quality of calories you consume throughout the day and not the time at which they’re consumed



Everyone needs eight hours of sleep

What science says: Everyone has a unique circadian rhythm that determines how much sleep is optimal for them. While seven to nine hours is still the standard recommendation for adults, you should treat sleep like hydration and exercise: Get enough so that you feel your best and keep your body healthy, but not so much that it starts affecting you negatively. You can always have too much of a good thing, even sleep.

It’s good to occasionally go on a detox to cleanse your body of toxins



What science says: There is no need for anyone to ‘detox’ as our bodies are built to get rid of toxins much more effectively than any diet or treatment can. Probably the best way to protect your body’s detoxification process would be to take care of the liver and the kidney, which are the body’s main organs in detoxification. To do so, avoid processed and packaged foods like fries, limit your intake of sugary foods, fatty foods and alcohol.



Everyone should take a daily multivitamin

What science shows: A 2022 review of 84 studies by the U.S. Preventive Services Task Force found no convincing evidence that multivitamins have any benefit for nonpregnant adults. The science says we’ll get better returns from eating a healthy diet with plenty of fruits and different vegetables.

Running will damage your knees



What science shows: Recent studies demonstrate that rather than damaging your knees, running may protect them. One large study found that runners were half as likely to develop knee osteoarthritis compared with non-runners. Runners typically have stronger quadriceps muscles, which helps to protect the joint. Davis’s Law, named after the orthopaedic surgeon and researcher Henry Gasset Davis, states that soft tissues respond to load in the same way that bones do.

Prevent Injuries through RICE



What science shows: Movement is the fastest way to repair injury. Instead of RICE think MEAT - Movement, Exercise, Analgesics, Treatment. Find a routine of gentle movement without exceeding pain tolerance. These movements will put a small amount of load on the injured tissue, helping the new tissue to grow back in the right way.



Only certain types of people develop a mental illness

What science shows: As many as one in five people may develop a mental illness at some stage in their lives. Everyone is vulnerable to mental health problems. It affects people regardless of age, education, income or culture.