

Did You Know?

February is...
Wellness
-FOR ALL-
Month



5 Friday Fun Facts!

- Chewing sugarless gum for a few minutes daily can stimulate your saliva production and help clean your teeth.
- If the human eye were a digital camera, it would have a whopping 576 megapixels!
- Muscle doesn't really weigh more than fat – it's just more dense.
- There are 45 miles of nerves in the skin of a human being.
- Your heart creates enough energy every day to drive a truck for 20 miles!

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5 Friday Health Related Myths

Sugar Makes Kids Hyper

Studies show no direct link between sugar and hyperactivity. Often, the excitement of the occasion (like parties) causes energetic behavior.

You Can “Sweat Out” a Cold or Fever

Sweating won't speed up recovery. Fevers are part of the immune response, but forcing yourself to sweat more doesn't kill viruses or bacteria.

Carrots Dramatically Improve Your Eyesight

Carrots contain vitamin A, which supports eye health but won't give you superhuman night vision. This myth started as WWII propaganda.

Microwaving Food Removes Nutrients

Microwaving often preserves more nutrients than boiling because it uses shorter cooking times with less water.

Cracking Knuckles Causes Arthritis

The sound comes from joint gas bubbles, not bone damage. No studies show a direct link to arthritis.