

Did You Know?

February is...
Wellness
-FOR ALL-
Month



5 Friday Fun Facts!

- More germs are transferred by shaking hands than by kissing.
- You don't actually breathe through both nostrils at the same time. According to research published by the Mayo Clinic, humans inhale and exhale through one nostril at a time!
- Lack of sleep can kill someone sooner than starvation.
- Men have more blood than women - 1.5 gallons for men versus 0.875 gallons for women.
- The first Band-Aid Brand Adhesive Bandages were three inches wide and eighteen inches long. You made your own bandage by cutting off as much as you needed

5 Friday Health-Related Myths

- **Vitamin C prevents colds**
While good at preventing scurvy, studies show no direct evidence that it has much of an effect on colds. Too much Vitamin C for long periods can be harmful to your digestive system.
- **We only use 10% of our brains**
This myth started in 1908. Your brain is constantly active and involved in all of your body's conscious and unconscious activities, with all parts actively engaged.
- **Eating turkey makes you sleepy**
In reality, plenty of foods contain tryptophan. Cheddar cheese has even more than turkey, yet cheddar is never pointed out as a sleep-inducing food
- **Fresh fruits and vegetables are healthier**
Don't believe the myth that frozen and canned fruits and vegetables are less healthy than fresh ones. If they are packaged without unhealthy additives, they contain the same nutrients.
- **You swallow eight spiders a year while you sleep**
You probably don't swallow any in your sleep during your entire life. Of course, it's technically possible, but it would be so random and statistically unlikely that you don't have to worry about it.