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Nota di contenuto	I. How to Evaluate Scientific Evidence -- 1. How Science Helps Decide What to Believe -- 2. Summing Up: Synthesizing the Scientific Evidence -- II. Infection -- 3. Dodging the Draft: Does Avoiding the Cold Reducing the Risk of Catching a Cold? -- 4. Dietary Supplements and Common Viral Infections: "Boosting" the Immune System or the Manufacturers' Profits? -- 5. Common Sense or Nonsense? Non-Drug Treatments for the Common Cold -- III. Skin and Eye Conditions-. 6. Duct (or Duck) Tape for Treating Warts: A Quack Remedy? -- 7. Aloe Vera: Does it Work? A Burning Question -- 8. Diet and Acne: Should Teenagers Avoid Pizza and Chocolate? -- 9. I Can See Clearly Now: Do Glasses Make You More Nearsighted? -- 10. Eye Strain and Headache: A Change in Viewpoint? -- IV. Foods and Beverages -- 11.The Benefits of Intermittent Fasting: Detox or Redux? -- 12. Preventing or Treating a Hangover: Dilution or Delusion? -- 13. Preventing or Treating a Hangover: Dilution or Delusion? -- 14. Artificial sweeteners and cancer -- 15. Sugar and hyperactivity in children -- 16. Benefits of organic and non-GMO foods -- 17. Protein supplements to build muscle -- 18. Extra water to prevent jet lag -- 19. High-sugar diet and diabetes -- V.

Pregnancy and Childhood -- 20. Born Too Soon: What's in a Number? -- 21. Take Your Shots? Parents' Fear of Adverse Effects of Vaccines -- 22. Does Teething Cause Fever, Rash, and Other Signs of Illness? -- 23. No Tylenol? No Problem! Beliefs About Fever and its Treatment in Children. .

Sommario/riassunto

This book examines the history, culture, and science behind health myths. The word “myth” can have two quite different meanings: (1) a shared tradition or story and (2) a belief that can be falsified. Most previous books have focused on “busting” the second type of myth – explaining why the myth is false. In contrast, “Believe It or Not: The History, Culture, and Science Behind Health Beliefs and Practices” explores the cultural and religious origins of each belief or practice and how it varies among countries and, within countries, according to age, education, ethnicity, and urban vs rural location. Most importantly, the book relies on systematic reviews and meta-analyses to assess the extent to which the health beliefs and practices are true and influence health status. Previous “myth-busting” books have not attempted rigorous, systematic evaluations of the scientific evidence for and against the beliefs and practices they discuss. This book includes a range of chapters dedicated to infection, skin and eye conditions, diet and food, and pregnancy and childbirth. In an era when social media, fake news, and contradictory opinions are a mere click away, people deserve to understand the science underlying common health beliefs. Believe It or Not: The History, Culture, and Science Behind Health Beliefs and Practices is a valuable read for the general public, curious about health and science but without technical, scientific, or medical training.
