



## Medical Myths, Lies, and Half-Truths

*Steven Novella (Lecturer)*

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Do you need eight glasses of water a day? Does vitamin C protect you from catching a cold? Are organic foods always better for you? The answer is not as clear as you may think. Our lives are full of medical myths, half-truths, and misconceptions - pieces of information so ingrained in our culture that we assume they must be true. Despite the proliferation of "Doctor Google," medical myths are all around us. How do you determine the accuracy of medical information that you find online, in books or magazines, or passed to you by friends or family? Using faulty information to treat a medical condition can be at best ineffective and at worst, deadly. Dr. Novella has built his career educating patients, the public, students, and professionals about the highest standards in medical science and practice. He believes in challenging your beliefs and putting everything you think you know to the test. These 24 revealing lectures are an empowering learning experience that will give you evidence-based guidelines for good health, will enhance your ability to be better informed about common medical myths, and will strengthen your skills at assessing the scientific truth behind medical information and advice - whether you're having an important conversation with your doctor or taking a trip down the medicine aisle of your local pharmacy. Learn where to find good information about health topics and how to spot an unreliable source. Dr. Novella will guide you.

## Medical Myths, Lies, and Half-Truths Details

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## **From Reader Review Medical Myths, Lies, and Half-Truths for online ebook**

### **Sian Bradshaw says**

This was a fascinating book. It would be easy to simply say 'see all this stuff you think, it's all rubbish'. But the book doesn't. It takes a wide variety of subjects and examines the scientific basis for the claims and readily admits where there may be a kernel of truth. The majority of subjects covered I already had suspicion about but was surprised by probiotics being included as not helpful. Just goes to show you should always look for the scientific evidence. It's a long book but for the detail it goes into, it's worth it.

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### **Teo 2050 says**

- [01. Medical Knowledge versus Misinformation
- 02. Myths about Water and Hydration
- 03. Vitamin and Nutrition Myths
- 04. Dieting—Separating Myths from Facts
- 05. The Fallacy That Natural Is Always Better
- 06. Probiotics and Our Bacterial Friends
- 07. Sugar and Hyperactivity
- 08. Antioxidants—Hype versus Reality
- 09. The Common Cold
- 10. Vaccination Benefits—How Well Vaccines Work
- 11. Vaccination Risks—Real and Imagined
- 12. Antibiotics, Germs, and Hygiene
- 13. Vague Symptoms and Fuzzy Dia

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### **Adam Morva says**

A decent book aimed at the layman.

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### **Sandie Chu says**

Every medical claim needs to be scientifically proven. It has certainly put many myths to rest and no more spending unnecessary money.

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### **Steve says**

This was a great short course. Just be ready to have a lot of what you think you know challenged.

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### **Larry says**

I wish every person were required to read this! The author tackles myths that plague the health and well-being of not only individuals but society as a whole. Very, very informative.

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### **Roy says**

Steven Novella is a wonderful lecturer and manages a great podcast. He is definitely an authority on the content of this course; however, about halfway through, the lectures became stale. Don't get me wrong, the first half was informative and worthwhile, but you could *feel* the lectures slow down once the main myths had been covered. It almost felt as though the lecture was dragged out twice as long to fill an entire course.

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### **S Sharif says**

I would ask anyone and everyone I know to listen to this course.

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### **Robert says**

One of the best Great Courses I've listened to. I've heard most of these myths and believed quite a few of them, until now. Recommended for everyone. Very professional, grounded, helpful, applicable and relevant. Brought up some heated family discussions :)

- 1 Medical Knowledge versus Misinformation
- 2 Myths about Water and Hydration
- 3 Vitamin and Nutrition Myths
- 4 Dieting—Separating Myths from Facts
- 5 The Fallacy That Natural Is Always Better
- 6 Probiotics and Our Bacterial Friends
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- 8 Antioxidants—Hype versus Reality
- 9 The Common Cold
- 10 Vaccination Benefits—How Well Vaccines Work
- 11 Vaccination Risks—Real and Imagined
- 12 Antibiotics, Germs, and Hygiene
- 13 Vague Symptoms and Fuzzy Diagnoses
- 14 Herbalism and Herbal Medicines
- 15 Homeopathy—One Giant Myth
- 16 Facts about Toxins and Myths about Detox
- 17 Myths about Acupuncture's Past and Benefits
- 18 Myths about Magnets, Microwaves, Cell Phones
- 19 All about Hypnosis

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- 20 Myths about Coma and Consciousness
- 21 What Placebos Can and Cannot Do
- 22 Myths about Pregnancy
- 23 Medical Myths from around the World
- 24 Roundup—Decluttering Our Mental Closet?

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### **Marsha says**

I admit that I went in expecting to like this book, partly because I knew that I was familiar with the general ideas, and I was looking forward to – oh I don't know – confirmation. Although that was generally true, I also learned a fair amount from the book! I learned the sources of some of the ridiculous beliefs that people have, and I learned some extensions of what I already knew. Also, I had some confirmation on ideas that I had no proof or real reason. I do know several people who could stand to hear some of this, because I get tired of some of the nonsense that comes from them... I tend to be a skeptic, even about my skepticism! Most of it was confirmed, although I admittedly flat-out doubted some things that I probably shouldn't have. Even skepticism does need to be checked sometimes!

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### **Davytron says**

Do not even bother - I had my audible credit refunded for this one. I only made it through the nutrition and diet chapters which was enough to know that he is merely spewing out the same unsupported claims from ancient medical textbooks and poorly done studies. If his early chapters were so bad, I don't even want to think about what was to come.

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### **Wahbi Ben Salha says**

An attractive title but the content was really disappointing ! the author expressed his opinions about many medical topics and practises and criticize them without mentioning any credible scientific reference. The lectures about nutrition and diet were the worst part. the author just repeated some false ideas from ancient textbooks.the other lectures are acceptable but the lack of references is still the major inconvenience.

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### **Fate's Lady says**

I already knew a lot of these myths, but I'd guess the average person probably doesn't. It was interesting anyway, and often even though I knew certain things were untrue, I wasn't fully aware of how they'd been disproved. I do think a couple of the lectures dragged on, but overall I'd recommend the series.

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### **Patrick Twitchell says**

Extensively researched and presented by an expert in the medical field. Debunks common myths that are just

passed along through time, and ones we never think to question.

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**Katherine says**

Very thought-provoking and dedicated to breaking all of our common misconceptions!

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