

## 55 Rampant Health Myths That Need to Die

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### Myth: Running is bad for your knees

"There is plenty of scientific research which has found that recreational runners are not at increased risk of having symptoms of knee arthritis or other orthopedic problems. In fact, running may strengthen muscles that stabilize the knee, which may help prevent injuries and arthritis." —

*James Smoliga, MD, associate professor of physiology in the Congdon School of Health Sciences at High Point University.*



### Myth: Poison ivy is contagious

"Poison ivy sometimes appears to spread as it evolves over several days. But the only way to get poison ivy is to come in contact with the plant or the sap from the plant yourself. You cannot catch it from someone else."

—*Todd Minars, MD, dermatologist in Hollywood, FL.*



### Myth: Going gluten-free will help you lose weight

"The only individuals who need to consume a gluten-free diet are those diagnosed with celiac disease. Dieters who follow a gluten-free meal plan inevitably lose weight because they are eliminating food from their diet, resulting in a reduced daily caloric intake." —

*Suzanne Fisher MS, RD, LDN, nutrition consultant, Fisher Enterprises*



### Myth: If you've had the flu this season you won't get it again

"Are you sure it was the flu and not some other virus? In addition, there are multiple strains of influenza circulating every year, getting one strain doesn't protect you from the others." —

*Daniel McGee, MD, pediatrician at Helen DeVos Children's Hospital.*