Chocolate is good for your health.

Base tans can protect against sunburns.

If you shave, your hair will grow back thicker.

The tongue is the strongest muscle in the body.

People swallow spiders while they sleep.

The 5-second rule protects you from disease.

Feed a cold, starve a fever.

Cell phones cause brain tumors.

Raw vegetables are healthier than cooked vegetables.

You must drink 8 glasses of water daily.

People only use 10% of their brains.

Vaccines cause autism.

Nightlights lead to bad vision in children.

Swimming right after eating is dangerous.

Gluten-free foods are better for you than foods with gluten.

Coconut oil increases your fat-burning ability.

Climate change is causing more extreme weather worldwide.

High doses of vitamin C help you recover from colds faster.

Taking zinc protects against colds.

GMOs (genetically modified organisms) are dangerous.

E-cigarettes are safe to use.

Cooking with aluminum pots causes Alzheimer’s.

CBD oil alleviates joint pain.

Eating an all vegan diet is dangerous to your health.