



Medical Myths That Can Kill You: And the 101 Truths That Will Save, Extend, and Improve Your Life

Nancy L. Snyderman

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Do you know what's really good for you?

In this age of countless miracle cures, it's vital to separate the myths that endanger your health from the medical facts you need.

FACT:

Unfiltered coffee can clog your arteries.

FACT:

Donating blood may lower your risk of heart disease.

FACT:

You don't really need eight glasses of water a day.

FACT:

Coughing won't help if you're having a heart attack. (But aspirin will!)

We've become a nation of cyberchondriacs, diagnosing ourselves with false information and half-truths found on sketchy websites. In *Medical Myths That Can Kill You*, Dr. Nancy Snyderman, chief medical editor for NBC News, provides clear, practical, scientifically proven advice that can lead you to a healthier, happier life.

Discover the simple, everyday things that affect well-being, and get the information you need to revitalize your body, maintain your longevity, manage your care, and possibly even save a life—yours.

From the Hardcover edition.

Medical Myths That Can Kill You: And the 101 Truths That Will Save, Extend, and Improve Your Life Details

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Author : Nancy L. Snyderman

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From Reader Review Medical Myths That Can Kill You: And the 101 Truths That Will Save, Extend, and Improve Your Life for online ebook

Susan says

Good reading for your inner hypochondriac from the doctor who's often on The Today Show (although I have switched over to the Diane Sawyer Robin Cook thing on channel 7). As with all these books, one starts to self-diagnose...personally, I feel a coma coming on...oh wait, I'm just sleepy. G'night.

Monica says

you dont really need 8 glasses of water a day.

tap water is as good as bottled water.

taking vitamin c does not prevent colds.

plain soap works just as well as antibacterial soaps for killing disease causing germs.

the secret to a long life is to stay in school.

Keith says

Medical Myths That Can Kill You: And 101 Truths That Will Save, Extend and Improve Your Life
By Nancy L Snyderman, M.D.

This book is sensible, and easy read, and easy to understand. The ending wrapped it all up, and made it clear that the author has good common sense. You won't find the "secret" to success in here. It is not a secret, we have known for decades what we should and should not do. Gradually the evidence accumulates and we learn more details about exactly what causes and what prevents specific problems.

Homeopathy is controversial. ... But in a more recent review study, published in 2005 in The Lancet, researchers compared the results of 110 trials of homeopathy with the same number of trials of conventional medicine. The conclusion: benefits credited to homeopathy where, at best, placebo effect. (Page 193)

That's where the vicious cycle begins. People with chronic illnesses are more likely to be depressed, and depressed people are more likely to succumb to chronic illnesses. It's natural to feel depressed when dealing with a chronic, potentially fatal illness, but that alone does not explain depressions damaging effects. Mental illness adversely alters the chemical balance of the body. In patients with diabetes, for example, depression makes the body even less sensitive to insulin the hormone the processes blood sugar, and best further activates the disease. Fixing a problem in one place, thankfully, can often help in the other. (Page 217 – 218)

Sex is pleasurable, and great sex is even more pleasurable. Sex is a way of sharing intimacy. Safe sex is also good for your mental health. Sex releases an assortment of beneficial chemicals in the body to produce a natural euphoria in addition, satisfying sex leads to better communication and strengthens the bonds between two people, and these can be Hedges against depression triggered by relationship issues. So go on and do it.

(Page 234) This was just a little sidebar; the book did not make a big deal of it.

"Myths, whether ancient or modern day, are instructive and meant to guide us and open our eyes to truth."
(Page 239)

Although the big picture is not new in this book, yet there are a lot of interesting details that will flesh your your knowledge, and make clear the path to fuller health.

w1ndsor says

Most of this I knew, but there was some nuggets of new information in this book that I never heard before.

Lynnea says

Very quick and easy to read. I really liked how Dr. Snyderman used her own examples - personally and from patients - along with jargonless medical explanations.

My review sounds like it should be a 5-star. I only gave it 3 stars because a lot of it was common sense - no huge light bulb moments and not a book I'm going to tell all of my friends to read (like the books I rate with 5 stars).

Karren says

I picked this up browsing at the library and while the other reviews are correct about it being common-sense and simply written, I find it very motivating. Yes, much of it I already know, but some things I didn't and the chart on preventive care check-ups alone makes this worth perusing.

Kaye says

I heard the writer on NPR, and she sounded really interesting, but when I got the book, the sections seemed like sidebar articles that you might read in a pop magazine (like Shape, or Women's Day). It wasn't really riveting, or surprising. I felt like I'd seen all this information before.

Janet says

Not so impressed by this book or her writing ability. Didn't tell me anything I didn't already know. Did appreciate the nice chart of medical tests and screenings with the frequency recommended.

Mazola1 says

This book is a quick collection of commonsense medical advice. The medically sophisticated will not find much new in it and will probably find it to be too simple. But even smart and knowledgeable people fall into some of the bad habits or make some of the foolish mistakes that Dr. Snyderman discusses in her book, like not eating a healthy diet, failing to get that annual physical, or not being entirely truthful with their doctor.

The central thesis of this book is that "health springs from living wisely." Dr. Snyderman presents a series of myths and truths about health care with the goal of giving the reader the knowledge necessary to make wise decisions about health care. It's worth a quick read for those intimidated by the health care system and perhaps a skim by others.

Rena Sherwood says

A lot of pop medical books or crap -- or really long advertisements for certain products. This is neither. In one sense, it's a shame that a book like this is necessary. However, most people need practical advice, like "Natural does not mean it's good for you."

Carole says

I found this book easy to read. It was helpful in giving you guidelines - for dr. visits, vitamins, meds, etc. She gives you clear cut questions to ask your doctor and when and what tests you need. Some things I knew but others I didn't. But over all I found it very informative. I like the little myth boxes where she explained why or why not some things we believe are or aren't true and what you should do instead - one was about 8 glasses of water a day; that is a myth - drink when you are thirsty.

Leslie says

Most of the book was things I had learned over the years or read in articles, etc. However, I think she did a good job on explaining mental illness to those who do not suffer from Depression, Anxiety, etc.

Lauren says

This is an excellent book, a great start to debunking myths that have been with us for too many lifetimes. I recommend it to everyone. It's not one of those asinine (not to mention dangerous!) "cures the government is hiding" books, which are chock full of lies and deadly "advice." This is actual medical information from an actual medical doctor. Imagine that.

Abby says

I am brilliant. I have never fallen prey to any of the super secret "myths" that she debunked in this book. I already knew that vaccines were good for adults, and that you should see your doctor annually. I knew all her secret "truths" too. Like...I forgot. I can't remember any good ones. I just know that I knew them already!

I am suing her for plagiarizing my brain.

Just kidding. The book was fine, just not particularly enlightening (to me).

Michele says

I completely agree with the reviewer that said the content was like that found in a pop magazine. The endnotes are few and some citations are reference webmd.com (not exactly a primary source). When I got to the segment on homeopathic medicine I lost any meager confidence in the author that had remained to that page. Despite there being some useful information in this book, I cannot recommend it.
