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otherwise you risk making people more familiar with the myth than with the 1 myth or fact if food drops on the floor it is safe to eat if picked up within five seconds answer leaning toward myth the more moisture content a food has the more likely bacteria or other pathogens can stick to it for instance it s less likely that organisms will adhere to a dropped cookie than to a moist piece of fudge debunking false information or contrasting myths with facts intuitively feels like it should effectively correct myths but research shows that such correction strategies may actually myths are specific accounts of gods or superhuman beings involved in extraordinary events or circumstances in a time that is unspecified but which is understood as existing apart from ordinary human experience the term mythology denotes both the study of myth and the body of myths belonging to a particular religious tradition these common myths have been passed down as false facts for years sometimes it can be hard to separate fact from fiction especially when so many of the facts we ve spent our whole lives believing are actually enduring myths and misconceptions can you tell the difference between a mental health myth and fact learn the truth about the most common mental health myths the distinction between fact and myth is vital in discerning objective truth from cultural narratives while facts are universally accepted truths validated through empirical means myths are culturally contextual narratives that offer symbolic explanations for the mysteries of the universe myth the covid 19 vaccine is unsafe because it was developed so quickly fact the vaccines are proven safe and effective although they were developed in record time they have gone through the same rigorous food and drug administration process as other vaccines meeting all safety standards no steps were skipped myth 1 you are either mentally healthy or mentally ill fact because this is one of the most common mental health misconceptions it is especially important to recognize that health both physical and mental exists on a continuum or spectrum and can change over the course of a person s life hone critical thinking around facts vs myths defining features of facts vs myths facts represent objective information based on observable

evidence research and verifiable data for testing fact fevers turn on the body's immune system they help the body fight infection normal fevers between 100 and 104 f 37.8 40 c are good for sick children myth fevers above 104 f 40 c are dangerous they can cause brain damage fact fevers with infections don't cause brain damage nutrition get healthy recipes and tips among the sea of information regarding nutrition is a tide of inaccuracies let's debunk a few common myths so you can feel more confident about your food choices 1 eating healthy is too expensive it may take some planning and time in the kitchen but eating healthy on a budget is possible

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myths are specific accounts of gods or superhuman beings involved in extraordinary events or circumstances in a time that is unspecified but which is understood as existing apart from ordinary human experience the term mythology denotes both the study of myth and the body of myths belonging to a particular religious tradition

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