# Article information:

Chocolate doesn’t cause acne – but carrots do help you see in the dark: the best and worst health myths and wisdom | Life and style | The Guardian  
<https://www.theguardian.com/lifeandstyle/2023/apr/29/20-health-advice-myths-investigate>

# Article summary:

1. Chicken soup can help cure colds and flu by providing nutrients that support the immune system and aid digestion.

2. Chocolate does not cause acne, but hydration is important for skin health.

3. Peeing after sex can help prevent UTIs by reducing bacteria in the genital area.

# Article rating:

Appears strongly imbalanced: The article is written in a biased or one-sided way, and the information it provides is not trustworthy enough to be considered a reliable source. You should consult other sources to find reliable information on the presented issues.

# Article analysis:

The article "Chocolate doesn’t cause acne – but carrots do help you see in the dark: the best and worst health myths and wisdom" by The Guardian provides a list of common health myths and whether they are true or false. While some of the information provided is accurate, there are several instances where the article lacks evidence to support its claims or presents one-sided reporting.

For example, the article claims that chicken soup helps cure colds and flu because it contains vitamin B12, antioxidants, and protein. While these nutrients can support the immune system, there is no scientific evidence to suggest that chicken soup can cure a cold or flu. Additionally, the article suggests that chocolate does not cause acne but fails to mention that some studies have found a link between high sugar intake and acne.

The article also makes unsupported claims about cinnamon balancing hormones and garlic aiding sleep. While cinnamon has been shown to have some health benefits, there is no conclusive evidence that it can balance hormones. Similarly, while garlic has many health benefits, there is no evidence to suggest that it aids sleep.

Furthermore, the article presents some information in a biased manner. For instance, it states that probiotics may not benefit healthy people who don't have gut issues without mentioning that some studies have found probiotics to be beneficial for overall health even in healthy individuals.

The article also misses important points of consideration. For example, it mentions that sitting too close to a screen is more likely to cause eye strain than permanent damage but fails to mention that prolonged exposure to blue light from screens can disrupt sleep patterns.

Overall, while the article provides some useful information about common health myths, it lacks depth in its analysis and presents some information in a biased or unsupported manner. Readers should approach this article with caution and seek additional sources before making any significant changes to their diet or lifestyle based on its content.

# Topics for further research:

* Blue light and sleep disruption
* Link between sugar intake and acne
* Probiotics and overall health benefits
* Chicken soup and cold/flu cure
* Cinnamon and hormone balancing
* Garlic and sleep aid

# Report location:

<https://www.fullpicture.app/item/a6d772e986a1780a52b753d60a54a133>