Holiday Health Myths Debunked

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Researchers at Indiana University School of Medicine in Indianapolis explored the science behind several popular holiday myths. Are you ready?

- **Myth:** There is a cure for holiday hangovers.

  The truth: No. Rachel Vreeman, MD, from the IU School of Medicine says, “There is nothing quick and easy that is shown to cure a hangover. Really, the only cure is prevention.

- **Myth:** Poinsettias are toxic and deadly.

  The truth: Nope. Vreeman says they studied 23,000 cases of exposure to poinsettias. “In more than 96 percent [of the cases], people didn’t even need to talk to a doctor or go to a medical care facility.”

- **Myth:** Eating at night will pack on more pounds than eating during the day.

  The truth: Not a chance. “There is nothing worse about a nighttime snack than a morning snack,” Vreeman explains. “The key is how much you take in overall compared to what your body is using up.”

To read about more myths, click here.

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