

Old Wives Tales true or false? Memorylanetherapy.com

Old Wives Tales are thought to originate from the fact older women would pass down their advice to the younger generation.

- 1 Eating your bread crusts makes your hair go curly?
(A) False
- 2 When pregnant if you suffer with heartburn it is said your baby will have lots of hair when born?
(A) True, evidence collected from women who had severe heartburn while pregnant gave birth to babies with lots of hair
- 3 Fish included in your diet is known as brain food?
(A) True, fish has been clinically proven in a diet to improve memory
- 4 If you eat too many carrots your skin can turn orange?
(A) True, betacarotene in carrots can discolour your skin
- 5 Rubbing a slice of onion on an insect bite can reduce swelling and discomfort?
(A) True
- 6 An apple a day keeps the Doctor away?
(A) True, apples have large amounts of antioxidants that can help reduce the risk of some cancers
- 7 Chicken soup can help cure a cold?
(A) True, eating a bowl of chicken soup can reduce inflammation in the lungs and in turn improve cold symptoms
- 8 If you hold your wedding ring over your pregnant belly and it swings around in circles you are having a girl?
(A) False, this fact is not proven. If the wedding ring swings back and forth like a pendulum the sex of the baby was going to be a boy (not proven to be true either)
- 9 Cracking your knuckles will give you arthritis?
(A) False
- 10 The full moon can cause strange behaviour?

(A) True, most hospitals record a higher amount of accidents and emergencies on a full moon

11 You can't go swimming after eating for 1 hour or you will sink to the bottom?

(A) False, no drownings have been recorded from swimming shortly after eating

12 If you can't sleep counting sheep will help you fall asleep?

(A) True, using visual techniques to try to fall asleep has been proven to work

13 Drinking a glass of warm milk before bed can help you fall asleep?

(A) True, it can release feelings of serenity that aids sleepiness

14 Sitting on cold cement causes haemorrhoids (piles)?

(A) False, a cold bottom does not cause piles

15 Red sky in the morn sailors be warned?

(A) True bad weather is coming

16 If you sit too close to the TV you will go blind or get square eyes? **(A) False**

17 Kissing toads and frogs gives you warts?

(A) False

18 A floating egg in a pot is bad?

(A) True

19 If you look at someone cross eyed and the wind blows, you will stay like that?

(A) False

20 If you swallow chewing gum it will stay in your stomach for 7 years?

(A) False