



# Always Follow the Elephants: More Surprising Facts and Misleading Myths about Our Health and the World We Live In

*Anahad O'Connor*

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**From *The New York Times*'s intrepid "Really?" reporter and author of the bestselling *Never Shower in a Thunderstorm*, more mind-opening health facts (and fictions)**

In this follow-up to the bestselling *Never Shower in a Thunderstorm*, *New York Times* columnist Anahad O'Connor uncovers the truth behind a hundred more old wives' tales and conventional-wisdom cures. O'Connor investigates nagging questions of domestic safety, such as whether you can get radiation poisoning from standing too close to a microwave. (You'll actually be exposed to more watts from your cell phone.) He unearths astounding first-aid "MacGyverisms," such as the attempts by Vietnam War battlefield medics and professional sports stars to seal wounds with super glue. (The bottom line: it works, but can irritate skin.) And he looks into the claim that a pregnant mother with heartburn should expect a hairy newborn (and is as baffled as the scientists who tallied up the clearly evident infant hairdos).

For anyone curious about whether to starve a fever or a cold, or whether stifling a sneeze will damage the body, O'Connor delivers yet another winning and irresistible collection of tips about our health.



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