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* Dr. U Otto Knowbetter!
	+ Mythsmasher
	+ Wives tale debunker
	+ Urban legend demystifyer
	+ Advertising claim examiner
		- Smashing holes through the darkness of ignorance!
	+ Wife tale #1
		- Giving children sugar makes them hyper and behaviorally challenged
			* All of the food you eat is broken down into 1 of 4 kinds of “macromolecules
			* DNA & Proteins broken down and reused
			* Fats and Sugars broken down for energy
			* Carbs?
				+ Just a big chain of sugar. HA!
		- We know
			* Sugar is the source of energy required by cells to function
			* Fats and carbs are all turned into sugar and used
			* Leftover sugars in blood are rebuilt into fats and starch and stored
		- This explains Thanksgiving?
			* Full of energy
			* Want to go outside
			* After lunch can’t wait to swim
		- WRONG!
			* Sugar is a sedative!
			* Why?
			* Sugar levels in the blood controlled very tightly
			* Drop in blood sugar triggers conversions
				+ Low blood sugar = hunger
			* Evolution plays a key role
				+ Animals with full stomachs rest and sleep
				+ Animals who are hungry are looking for food
			* Lots of sugar doesn’t mean hyper
				+ So why do children go nuts?
				+ Self-fulfilling prophecy

Red dye #4

Science teacher thought red dye #4 make child go hyper

* + - * + And it’s just children being children