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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