1. Immunization (especially MMR) poses a threat of autism for infants and young children.

2. Eating organic foods is healthier and better for you than eating conventionally grown foods.

3. Overwork and stress are major causes of stroke.

4. Most people would benefit from taking a multi-vitamin every day.

5. Everyone needs 8 hours of sleep per day because sleeping less causes behavioral and health problems.

6. Following a vegan diet ensures a host of health benefits as well as prevention of some of the major diseases striking people in North America.

7. Consuming high fructose corn syrup is much worse for you than consuming an equivalent amount of natural sugar.

8. The rate of Alzheimers, Parkinson’s and other diseases is much higher now than has been in the past.

9. People with blond hair and blue eyes are more prone than others to osteoporosis.