

- 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.**