

## **Transcript**

### **Output - Wives' tales: Fact vs. fiction**

**(<https://www.youtube.com/watch?v=kQqjOAuwl8>)**

**Anchor:** New Tonight. Our wives' tales, just tales. Most of us heard them growing up, but ABC 15 Fay Fredricks looks at how many are actually true when it comes to our health.

**Reporter:** Wives' tale number one: eat chicken noodle soup, it'll cure your cold. Yes, they will help you feel better.

**Medical doctor:** There are some ingredients in the chicken soup, erm... not the chicken itself, maybe some of the side ingredients in the soup that have some anti-inflammatory components that can help your body heal when you're fighting off a cold or a cough or a flu...

**Reporter:** The steam coming off the soup can also open up your sinuses and broth helps you rehydrate - but taking horseradish to help a chest cold? Count that out! False! Garlic can apparently work if you eat it raw and hot Chili's if you're ready to sweat it out. How about this one: don't go out with your hair wet. False! Same with going out in the cold at all.

**Medical Doctor:** This is a truly an old wives' tale. Being out in the cold not bundle up won't cause you to be sick.

**Reporter:** But that can weaken your immune system. Wives' tale number four: don't read in dim light or watch too much TV because it would damage your vision.

**Medical Doctor:** There might be some short-term issues like you can have some eye fatigue or I have some dry eye because you're husky on the literature a lot more in the dim light and there can be some short-term issues, but long-term you shouldn't have any vision damage from reading in dim light.

**Reporter:** And no! Eating carrots won't give you better vision either. Despite all that vitamin A.

**Medical Doctor:** The British Air Force actually gave their servicemen carrots and said this was a reason why they were better at shooting down German aircraft at nighttime.

**Reporter:** Really they were better because of new radar. The old wives' tale we've probably all heard: don't swallow your gum, it'll stay in your stomach forever.

**Medical Doctor:** You know that the stomach can't digest a gum but, you know, I... when I grew up... we were seven years later you'll still have the gum in your tummy... that's not true. Your digestive tract we'll pass it along.

**Reporter:** And no! Cracking your knuckles won't give you arthritis. Say Fredricks, ABC15 Arizona