

Ladies and gentlemen,

Today, I wish to address several common misconceptions that many of us hold, often without realizing it. These misunderstandings can shape our perceptions and sometimes mislead our decisions. Let me clarify a few of them.

Firstly, a widespread myth is that cracking your knuckles can lead to arthritis. This is not true. Studies have shown that there is no connection between the two. The popping sound is actually caused by bubbles bursting in the synovial fluid of the joint.

Another common misconception is the belief that humans only use 10% of their brains. In reality, we use virtually every part of our brain, and most of it is active almost all the time, even during sleep.

Lastly, some people think that shaving hair makes it grow back thicker and darker. This isn't the case. Shaving simply gives the hair a blunt tip, which might feel coarse or "stubby" for a time as it grows out. The color, texture, and growth rate are determined by genetics and are not affected by shaving.

By addressing and correcting these false beliefs, we can all make more informed choices in our daily lives. Thank you for your attention.