

Unmasked: Common Myths Exposed as Falsehoods!

Often, distinguishing truth from myths can be akin to entering a never-ending mirror maze, where every turn can confuse and prevent you from finding the right path. It's like finding a needle in a huge pile of hay. But unlike an endless search, truth can be more easily found.

Embracing common myths can lead to disillusionment, as can pinning our hopes on the idea that by sweating more during exercise, we'll burn more fat. Or investing in "light" products to be healthy and thinking they have no calories or sugar. Don't we all yearn to embrace unvarnished truths? We invite you to unveil with us those fantastic myths that have been disguised as reality. Which of these ever dominated your beliefs?

Myth: Winter cold makes animals hibernate

We have been led to believe that, during the winter, creatures such as groundhogs, bears or squirrels spend the season sleeping in their burrows, i.e., hibernating. However, this is a great confusion that has prevailed for a long time. Although cold plays an important role, it is not the main reason for hibernation in animals.

The real reason is related to feeding. Hibernation is a process that allows animals to save energy when food is scarce during the winter. As the seasonal larder dwindles, these extraordinary animals draw on their stored fat reserves to survive, as metabolism slows down. Just like us humans, the cold makes them drowsy, but the reasons behind it are very different. It's all about survival!

Did you know this about bears? We bet it won't be the only myth you'll learn about them.

Myth: Polar bears' coats are white.

Contrary to popular belief, these Arctic giants do not wear pristine, opaque white. The reality is that their fur is transparent and hollow, giving them an off-white appearance, which is reflected in the Arctic sun and paints the bear's coat with the hues of snow.

However, as the seasons change, so does the polar bear's fur. With the arrival of summer heat, the fur undergoes a subtle transformation and takes on a yellowish tint, a product of the accumulation of oils and dirt. So, if you ever see a polar bear with yellowish fur, remember: its fur was never white and it probably needs a dip in the Arctic waters!

Undoubtedly, a myth that many of us believed to be true. However, in the world of technology, there are also false facts to be revealed.