

List of an average of four original fact-checks per month from the past year :

WHO backs down and Mpox is no longer considered a public health emergency?

<https://viral.sapo.pt/factos/oms-recua-mpox-emergencia-de-saude-publica/>

Do morning “shots” deflate the body and make you lose weight?

<https://viral.sapo.pt/factos/shots-matinais-para-emagrecer-desinflamar/>

Does bee pollen make your breasts bigger?

<https://viral.sapo.pt/artigos/polen-de-abelha-aumentar-os-seios/>

Does makeup with a sun protection factor replace sunscreen?

<https://viral.sapo.pt/artigos/maquilhagem-com-fator-de-protecao-solar-substitui-o-pr-otetor-especialistas-respondem/>

Is honey in hot tea “a poison”?

<https://viral.sapo.pt/factos/o-mel-no-cha-quente-e-um-veneno/>

Are spinal surgeries always unnecessary and dangerous?

<https://viral.sapo.pt/factos/cirurgias-a-coluna-perigosas/>

Does not wearing glasses or lenses all day make your eyesight worse?

<https://viral.sapo.pt/factos/nao-usar-oculos-ou-lentes-piora-a-visao/>

Has it been proven that using Bluetooth headphones is bad for your brain?

<https://viral.sapo.pt/factos/fones-bluetooth-faz-mal-ao-cerebro/>

Has it been proven that taurine supplements increase longevity?

<https://viral.sapo.pt/factos/esta-provado-que-os-suplementos-de-aurina-aumentam-a-longevidade/>

Does eating 2 to 4 pieces of fruit a day weaken digestive capacity?

<https://viral.sapo.pt/factos/comer-2-a-4-pecas-de-fruta-por-dia-enfraquece-a-capacidade-digestiva/>

Does eating ginger control blood pressure?

<https://viral.sapo.pt/factos/consumir-gengibre-controla-a-pressao-arterial/>

Does drinking cinnamon tea induce labor “naturally”?

<https://viral.sapo.pt/factos/cha-de-canela-induz-o-parto/>

To gain a kilo of fat, do you need to eat 7700 extra calories?

<https://viral.sapo.pt/factos/engordar-um-quilo-7700-calorias-a-mais/>

Does taking a spoonful of olive oil on an empty stomach burn belly fat?

<https://viral.sapo.pt/factos/colher-de-azeite-em-jejum-gordura-abdominal/>

Does sunbathing treat acne?

<https://viral.sapo.pt/factos/apanhar-sol-trata-a-acne/>

Does weight training cure diabetes?

<https://viral.sapo.pt/factos/fazer-musculacao-cura-a-diabetes/>

Does açai reduce the risk of cancer?

<https://viral.sapo.pt/factos/acai-reduz-o-risco-de-cancro/>

Has it been proven that squeezing a comb during childbirth relieves pain?

<https://viral.sapo.pt/factos/pente-durante-o-parto-alivia-as-dores/>

Has it been proven that putting perfume on your neck is bad for your thyroid?

<https://viral.sapo.pt/factos/por-perfume-no-pescoco-faz-mal-a-tiroide/>

Did Putin order the execution of "450 Covid-19 criminals"?

<https://viral.sapo.pt/factos/putin-execucao-450-criminosos-covid-19/>

Does drinking water with sea salt combat migraines?

<https://viral.sapo.pt/factos/beber-agua-com-sal-marinho-combate-enxaquecas/>

Does eating oranges with cinnamon and cayenne pepper treat constipation?

<https://viral.sapo.pt/factos/laranja-canela-pimenta-de-caiena-obstipacao/>

Is sweet potato a "thousand times better medicine" than omeprazole?

<https://viral.sapo.pt/factos/batata-doce-medicamento-melhor-omeprazol/>

Is an allergic reaction to food always immediate?

<https://viral.sapo.pt/factos/reacao-alergica-alimentar-imediata/>

Does drinking a glass of wine a night help you lose weight?

<https://viral.sapo.pt/factos/beber-um-copo-de-vinho-por-noite-perder-peso/>

Is white rice as bad for your health as sugar?

<https://viral.sapo.pt/factos/arroz-branco-tao-prejudicial-acucar-saude/>

Does not producing testosterone in itself mean being "intersexual"?

<https://viral.sapo.pt/factos/salvador-sobral-testosterona-intersexual/>

Surgeon Eduardo Barroso recommended a miracle recipe to eliminate blood clots?

<https://viral.sapo.pt/factos/eduardo-barroso-coagulos-sanguineos-receita/>

Study proves carnivorous diet improves diabetes, overweight and overall health?

<https://viral.sapo.pt/factos/dieta-carnivora-diabetes-excesso-de-peso/>

Does drinking water during meals impair digestion?

<https://viral.sapo.pt/factos/beber-agua-durante-as-refeicoes-digestao/>

Does taking cod liver oil prevent skin aging and acne?

<https://viral.sapo.pt/factos/oleo-de-figado-de-bacalhau-rugas-acne/>

Study proves rosemary tea relieves menstrual cramps?

<https://viral.sapo.pt/factos/cha-de-alecrim-alivia-colicas-menstruais/>

Does drinking warm water on an empty stomach help burn "bad fats"?

<https://viral.sapo.pt/factos/beber-agua-morna-em-jejum-queima-gordura/>

Is the morning-after pill an abortifacient and does it cause infertility?

<https://viral.sapo.pt/factos/pilula-do-dia-seguinte-abortiva-infertilidade/>

Study proves that drinking Coke Zero during pregnancy causes autism in the baby?

<https://viral.sapo.pt/factos/cola-zero-na-gravidez-causa-autismo-no-bebe/>

Does all tonsillitis need antibiotics?

<https://viral.sapo.pt/factos/amigdalites-virais-bacterianas-antibiotico/>

Does eating eggs cure hangovers?

<https://viral.sapo.pt/factos/comer-ovo-cura-a-ressaca/>

Do baby cells stay in the mother's body "forever" even after an abortion?

<https://viral.sapo.pt/factos/celulas-do-bebe-mae-aborto/>

Does self-massage eliminate localized fat?

<https://viral.sapo.pt/factos/automassagem-elimina-gordura-localizada/>

Does a homemade onion remedy stop "alcohol addiction"?

<https://viral.sapo.pt/factos/receita-caseira-acaba-com-o-vicio-do-alcool/>

Sudden cardiac deaths in athletes increased by 2300% after vaccination against Covid-19?

<https://viral.sapo.pt/factos/mortes-subitas-cardiacas-atletas-covid-19/>

Do women's brains shrink during pregnancy?

<https://viral.sapo.pt/factos/cerebro-diminui-durante-a-gravidez/>

Are mammograms a "crime against women" because they cause breast cancer?

<https://viral.sapo.pt/factos/mamografias-causam-cancro-da-mama/>

Does applying coconut oil to your face reduce wrinkles and blemishes?

<https://viral.sapo.pt/factos/oleo-de-coco-no-rosto-reduz-rugas-e-manchas/>

Does eating a whole lemon stop migraines?

<https://viral.sapo.pt/factos/comer-um-limao-acaba-com-as-enxaquecas/>

Does water with lemon and baking soda burn localized fat?

<https://viral.sapo.pt/factos/agua-com-limao-e-bicarbonato-de-sodio-gordura/>

Has ear piercing been proven to cure migraines?

<https://viral.sapo.pt/factos/piercing-na-orelha-cura-enxaquecas/>

Is it true that aranto treats cancer?

<https://viral.sapo.pt/factos/e-verdade-que-o-aranto-trata-o-cancro/>

Does a mixture of onion, garlic and coffee stop hair loss and cure baldness?

<https://viral.sapo.pt/factos/cebola-alho-e-cafe-queda-de-cabelo-calvicie/>

Garlic tea reduces belly fat in two weeks?

<https://viral.sapo.pt/factos/cha-de-alho-reduz-a-barriga-em-duas-semanas/>

Does drinking beer reduce the risk of stroke?

<https://viral.sapo.pt/factos/beber-cerveja-reduz-o-risco-de-avc/>

“Does a shot of olive oil, lemon and cinnamon detoxify the liver?

<https://viral.sapo.pt/factos/azeite-limao-canela-desintoxica-o-figado/>

Juice with papaya, plum and ginger regulates the intestines “in 2 minutes”?

<https://viral.sapo.pt/factos/sumo-mamao-ameixa-gengibre-regula-o-intestino/>

Is oral sex the “number one risk factor” for throat cancer?

<https://viral.sapo.pt/factos/sexo-oral-fator-de-risco-cancro-da-garganta/>

Portuguese doctor discovers cure for diabetes?

<https://viral.sapo.pt/factos/medico-portugues-cura-para-a-diabetes-falso/>

Does exfoliating the skin with coffee grounds treat cellulite?

<https://viral.sapo.pt/factos/esfoliar-com-borras-de-cafe-trata-a-celulite/>

Does a mixture of vinegar and hydrogen peroxide treat nail fungal infections?

<https://viral.sapo.pt/factos/vinagre-agua-oxigenada-infecoes-fungicas/>

Does onion juice detoxify and rejuvenate the prostate?

<https://viral.sapo.pt/factos/sumo-de-cebola-rejuvenesce-prostata/>

