**Title**

**GP Sceptics: Mythbusters in a post-truth world**

**Author and affiliations**

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**Background**

Could a fruit-serving a day keep the doctor away? Does a stitch within 12 hours of a laceration save nine? Do sterile gloves matter? Do people actually catch nasties from stepping on a needle at the beach? And what’s with turmeric?

**Aims**

Justin and Liz step down from tackling the big-questions on GP Sceptics podcasts, and instead ask the little stuff. The traditional minutiae we take for granted, and the occasional new health trend that might actually work. We aim to sort the gluten-free wheat from the alternative-fact chaff.

**Method**

Throughout 2018 we asked lots of GPs (often accosting them on video) about the little things in life that pique their curiosity—from medical adages to ancient grandmothers’ wisdom.

**Results**

Justin will slice through each issue with MRI-like precision, frequently seeking audience help and occasionally resorting to a vote. Liz, however, has no such democratic scruples, and her decision – truth or myth – will be final.

**Conclusion**

An entertaining, fast-paced hour where you’ll learn lots about very little. After all, to quote Winnie the Pooh, “sometimes the smallest things take up the most room in your heart.”