
Dont Swallow Your Gum Myths Half Truths And Outright Lies About Your Body And Health

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Don't swallow your gum! : myths, half-truths, and outright ...

The ultimate myth-busting collection of beliefs about health and the human body. With the perfect blend of authoritative research and a breezy, accessible tone, DON'T SWALLOW YOUR GUM! is full of enlightening, practical, and quirky facts that will debunk some of the most perennial misconceptions we believe.

Don't Swallow Your Gum!: Carroll, Aaron: 9780312533878 ...

If you do swallow your gum, don't worry. Despite the popular myth, swallowed gum doesn't age in dog years. Your body can't digest chewing gum, but the gum will pass through your system in 1 to 3...

Dont Swallow Your Gum Myths

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The Sticky Truth About Swallowing Chewing Gum

Don ' t Swallow Your Gum! Myths, Half-truths, and Outright ...

According to Yale Scientific, even though the gum will eventually pass through your digestive system, swallowing it can lead to other negative health consequences like diarrhea or abdominal pain. The bottom line is that while you should spit your gum out when you ' re done chewing it, there ' s no reason to panic if you do accidentally swallow. 3.

Don't swallow your gum : and other medical myths debunked ...

Health Myth #2: Chewing gum stays in your stomach for seven years. You must remember being warned as a child not to swallow your gum. While we don't recommend doing it all the time, swallowing your...

Don't Swallow Your Gum!: Myths, Half-Truths, and Outright ...

Though it is indigestible for humans, gum -- like seeds, nuts, and roughage -- won ' t damage the digestive system. However, Dr. McGreal cautions, the natural and artificial sweeteners in sugar-free gum can cause nausea, diarrhea, and headaches if swallowed in large quantities.

Myth or Fact: It Takes Seven Years to Digest Chewing Gum ...

DON'T SWALLOW YOUR GUM! takes on these myths and misconceptions, and exposes the truth behind some of those weird and worrisome things we think about our bodies. Entries dispel the following myths and more: - You need to drink 8 glasses of water a day - Chewing gum stays in your stomach for seven years - You can catch poison ivy from someone who has it
25 Medical Myths That Just Won't Go Away | Live Science

Don't swallow your gum! : myths, half-truths, and outright lies about your body and health. [Aaron E Carroll; Rachel C Vreeman] -- Face it-- you have more access to medical information than ever before, and yet you still believe "facts" about your body and health that are still wrong. Take on these myths and misconceptions for ...

Don't Swallow Your Gum!: Myths, Half-Truths, and Outright ...

Nevertheless, the usually safe passage of gum through the system doesn't mean it is wise to habitually swallow it. As Milov and his colleagues wrote in Pediatrics in 1998, chronic gum swallowing—or...

Fact or Fiction?: Chewing Gum Takes Seven Years to Digest ...

Get this from a library! Don't swallow your gum : and other medical myths debunked. [Aaron E Carroll; Rachel C Vreeman]

Dont Swallow Your Gum!: Myths

People have more access to medical information than ever before, and yet we still believe "facts" about our bodies and health that are just plain wrong.

DON'T SWALLOW YOUR GUM! takes on these myths and misconceptions, and exposes the truth behind some of those weird and worrisome things we think about...

[Swallowed Your Gum? Here's What Happens](#)

DON'T SWALLOW YOUR GUM! takes on these myths and misconceptions, and exposes the truth behind some of those weird and worrisome things we think about our bodies. Entries dispel the following myths and more: - You need to drink 8 glasses of water a day - Chewing gum stays in your stomach for seven years - You can catch poison ivy from someone who has it Don't Swallow Your Gum! | Dr. Aaron E. Carroll MD, MS ...

The book Don't Swallow Your Gum by Aaron E. Carroll and Rachel C. Vreeman is a nonfiction book that busts many common myths you hear on a day to day basis. In the book, you will see and read many myths, that you have thought were true your whole life, be busted with scientific evidence and some common sense.

Don't Swallow Your Gum! on Apple Books
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[Common Health and Sex Myths Busted! | Glamour](#)

A few of the dispelled myths include: You need to drink eight glasses of water a day Chewing gum stays in your stomach for seven years You can catch poison ivy from someone who has it If you drop food on the floor and pick it up within five seconds, it ' s safe to eat Strangers often poison kids ' ...

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[REALLY Happens If You Swallow Gum? |](#)

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Although it is true that many of the ingredients in

gum — such as elastomers, resins and waxes —

are indigestible, that does not mean they hang out

in your guts for seven years. Plenty of what you...

Don't Cross Your Eyes... They'll Get Stuck That Way

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myths and misconceptions, and exposes the truth

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