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

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Dont Swallow Your Gum Myths**~~

~~**A few of the dispelled myths include: You need to drink eight  
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***Don't Swallow Your Gum! Myths, Half-truths, and Outright ...  
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!: Myths, Half-Truths, and Outright ...  
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***Don't swallow your gum : and other medical myths debunked***

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***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 Cross Your Eyes...They'll Get Stuck That Way  
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!: 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 ...  
Nevertheless, the usually safe passage of gum through the***

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***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 ... 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...***

***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 ...***

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***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.***

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