



# Don't Swallow Your Gum!: Myths, Half-Truths, and Outright Lies About Your Body and Health

By Aaron E. Carroll, Rachel C. Vreeman

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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 just plain wrong. *Don't Swallow Your Gum!* takes on these myths and misconceptions and exposes them for what they are. Inside these pages, the following myths (and many more!) are dispelled: you need to drink eight glasses of water a day; chewing gum stays in your stomach for seven years; a dog's mouth is cleaner than a human's. The authors blend authoritative research with a breezy sense of humour, providing the ultimate myth-busting collection of more than eighty enlightening, practical, and quirky facts about your health and well-being.

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