



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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Nancy Tandy:

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Margaret Velasquez:

Reading can called mind hangout, why? Because when you are reading a book specially book entitled Don't Swallow Your Gum!: Myths, Half-Truths, and Outright Lies About Your Body and Health the mind will drift away trough every dimension, wandering in each and every aspect that maybe unknown for but surely will become your mind friends. Imaging each word written in a guide then become one contact form conclusion and explanation which maybe you never get just before. The Don't Swallow Your Gum!: Myths, Half-Truths, and Outright Lies About Your Body and Health giving you another experience more than blown away the mind but also giving you useful details for your better life in this particular era. So now let us demonstrate the relaxing pattern is your body and mind is going to be pleased when you are finished reading it, like winning a. Do you want to try this extraordinary wasting spare time activity?

Jason Probst:

In this era globalization it is important to someone to get information. The information will make anyone to understand the condition of the world. The condition of the world makes the information simpler to share. You can find a lot of referrals to get information example: internet, newspapers, book, and soon. You can observe that now, a lot of publisher that will print many kinds of book. The particular book that recommended for you is Don't Swallow Your Gum!: Myths, Half-Truths, and Outright Lies About Your Body and Health this reserve consist a lot of the information in the condition of this world now. That book was represented so why is the world has grown up. The language styles that writer use to explain it is easy to understand. The actual writer made some exploration when he makes this book. Here is why this book appropriate all of you.

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