



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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