



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

By Aaron E. Carroll, Rachel C. Vreeman

[Download now](#)

[Read Online](#) 

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

 [Download Don't Swallow Your Gum!: Myths, Half-Truths, ...pdf](#)

 [Read Online Don't Swallow Your Gum!: Myths, Half-Truths ...pdf](#)

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

*By Aaron E. Carroll, Rachel C. Vreeman*

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

**Don't Swallow Your Gum!: Myths, Half-Truths, and Outright Lies About Your Body and Health** By Aaron E. Carroll, Rachel C. Vreeman **Bibliography**

- Sales Rank: #12320993 in Books
- Published on: 2009-06-01
- Format: International Edition
- Binding: Paperback
- 240 pages



[Download](#) *Don't Swallow Your Gum!: Myths, Half-Truths, ...pdf*



[Read Online](#) *Don't Swallow Your Gum!: Myths, Half-Truths ...pdf*

---

**Download and Read Free Online Don't Swallow Your Gum!: Myths, Half-Truths, and Outright Lies About Your Body and Health By Aaron E. Carroll, Rachel C. Vreeman**

---

## **Editorial Review**

### **Users Review**

#### **From reader reviews:**

##### **Randy North:**

Have you spare time for a day? What do you do when you have considerably more or little spare time? Yeah, you can choose the suitable activity for spend your time. Any person spent their very own spare time to take a wander, shopping, or went to often the Mall. How about open or perhaps read a book allowed Don't Swallow Your Gum!: Myths, Half-Truths, and Outright Lies About Your Body and Health? Maybe it is being best activity for you. You understand beside you can spend your time along with your favorite's book, you can wiser than before. Do you agree with the opinion or you have some other opinion?

##### **Timothy Larios:**

This Don't Swallow Your Gum!: Myths, Half-Truths, and Outright Lies About Your Body and Health are generally reliable for you who want to certainly be a successful person, why. The key reason why of this Don't Swallow Your Gum!: Myths, Half-Truths, and Outright Lies About Your Body and Health can be among the great books you must have is usually giving you more than just simple studying food but feed a person with information that possibly will shock your prior knowledge. This book is actually handy, you can bring it just about everywhere and whenever your conditions at e-book and printed kinds. Beside that this Don't Swallow Your Gum!: Myths, Half-Truths, and Outright Lies About Your Body and Health forcing you to have an enormous of experience like rich vocabulary, giving you test of critical thinking that we know it useful in your day activity. So , let's have it and revel in reading.

##### **Kent Walker:**

Playing with family in a very park, coming to see the sea world or hanging out with close friends is thing that usually you may have done when you have spare time, subsequently why you don't try point that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Don't Swallow Your Gum!: Myths, Half-Truths, and Outright Lies About Your Body and Health, you could enjoy both. It is fine combination right, you still would like to miss it? What kind of hang type is it? Oh occur its mind hangout guys. What? Still don't understand it, oh come on its named reading friends.

##### **Virgil Santamaria:**

Do you like reading a reserve? Confuse to looking for your chosen book? Or your book was rare? Why so many query for the book? But almost any people feel that they enjoy for reading. Some people likes reading

through, not only science book but additionally novel and Don't Swallow Your Gum!: Myths, Half-Truths, and Outright Lies About Your Body and Health or others sources were given know-how for you. After you know how the good a book, you feel wish to read more and more. Science e-book was created for teacher or students especially. Those publications are helping them to put their knowledge. In additional case, beside science book, any other book likes Don't Swallow Your Gum!: Myths, Half-Truths, and Outright Lies About Your Body and Health to make your spare time more colorful. Many types of book like this.

**Download and Read Online Don't Swallow Your Gum!: Myths, Half-Truths, and Outright Lies About Your Body and Health By Aaron E. Carroll, Rachel C. Vreeman #JNSQXMFH2BW**

# **Read Don't Swallow Your Gum!: Myths, Half-Truths, and Outright Lies About Your Body and Health By Aaron E. Carroll, Rachel C. Vreeman for online ebook**

Don't Swallow Your Gum!: Myths, Half-Truths, and Outright Lies About Your Body and Health By Aaron E. Carroll, Rachel C. Vreeman Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Don't Swallow Your Gum!: Myths, Half-Truths, and Outright Lies About Your Body and Health By Aaron E. Carroll, Rachel C. Vreeman books to read online.

## **Online Don't Swallow Your Gum!: Myths, Half-Truths, and Outright Lies About Your Body and Health By Aaron E. Carroll, Rachel C. Vreeman ebook PDF download**

**Don't Swallow Your Gum!: Myths, Half-Truths, and Outright Lies About Your Body and Health By Aaron E. Carroll, Rachel C. Vreeman Doc**

**Don't Swallow Your Gum!: Myths, Half-Truths, and Outright Lies About Your Body and Health By Aaron E. Carroll, Rachel C. Vreeman MobiPocket**

**Don't Swallow Your Gum!: Myths, Half-Truths, and Outright Lies About Your Body and Health By Aaron E. Carroll, Rachel C. Vreeman EPub**

**JNSQXMFH2BW: Don't Swallow Your Gum!: Myths, Half-Truths, and Outright Lies About Your Body and Health By Aaron E. Carroll, Rachel C. Vreeman**