



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

*Aaron Carroll, Rachel Vreeman*

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

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People have more access to medical information than ever before, and yet we still believe "facts" about our bodies and health that are just plain wrong. **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
- If you drop food on the floor and pick it up within five seconds, it's safe to eat
- Strangers have poisoned kids' Halloween candy

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 about our health and well-being.

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