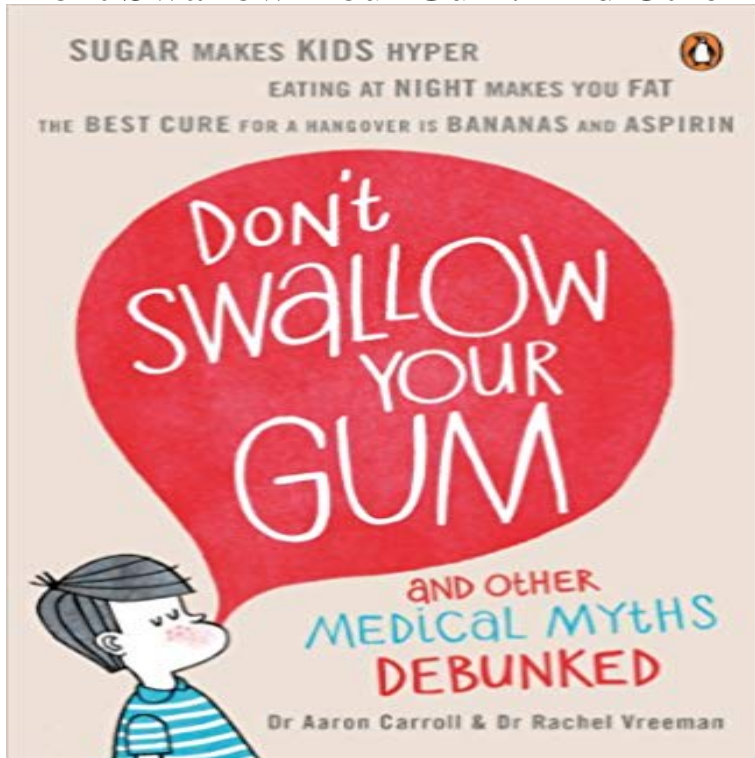


Dont Swallow Your Gum: And Other Medical Myths Debunked



Men with big feet have big penises
You should drink at least eight glasses of water a day
Sugar makes kids hyper
Eating at night makes you fat
Chewing gum stays in your stomach for seven years
You lose 40% of your body heat through your head
Every day, you hear or think things about your body and health that are just not true.
Maybe you saw them on TV, read them in magazines or heard them from friends (or even a doctor). This book is for anyone who has wondered about the truth behind these myths. Funny, wacky and full of fascinating facts, *Dont Swallow Your Gum* explains why so many of those weird and worrisome things we think about our bodies are mistaken.

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