

Chewing gums



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Chewing gums have been quite popular as a mouth freshener, but its demand has always been on a rise because of its cool factor.

However, very less people realize that chewing gum has some drawbacks as well. Let's see how it can leave negative impact on our body: Constant chewing gum has a direct effect on our teeth. Especially, the chewing gums which contain sugar it can cause decaying of the teeth, cavity and other teeth problems. Such chewing gums cover the surface of the teeth with a flimsy coat which is harmful and it makes you lose the natural tooth enamel.

Because of the continuous chewing there may appear wrinkle on the face as well. It makes the skin go less elastic and therefore facial wrinkles and folds appear around the mouth and lips. Doctors who treat such conditions advice that chewing gum should not be used after the treatment. Also, chewing gum contains powerful gastric juice. Chewing on an empty stomach can trigger stomach troubles. It has been observed that the content of chewing gums which are usually rubber base, sweeteners, combined with fragrances and softeners are not good for health.

Chewing gums can cause annoyance to other people! Because of the way one chews sound is made by the person's mouth which disturb other people. To avoid such bad effects of chewing gums one must stop using it or if using then do not chew it for more than 10-20 minutes. Also, prefer taking sugar-free chewing gums.