



**GUM**

**CHEW YOUR WAY TO A FRESHER DAY OR  
CHEW FOR DECAY, MAKE YOUR SMILE  
FADE AWAY?**

By Pete Leenabanchong



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# GUM

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# WHAT IS IT?

Chewing gum is a soft and elastic material designed to be chewed without being swallowed. It contains various ingredients such as **gum base**, sweeteners, flavours, colours, and a coating that often includes a type of polyol (sugar alcohol).



## WHERE DID IT ORIGINATE FROM?

Chewing gum dates back to the **Neolithic times**, around **6,000 years ago**. Back then, chewing gum was made from birch bark tar.

Then, in **1848**, the **New England Settlers** followed the ways of the Native Americans by chewing **resin sap from spruce trees**. **John B. Curtis**, an American Businessman, developed and **sold the first chewing gum**, also known as "The State of Maine Pure Spruce Gum".



Image of first chewing gum made

# INTERESTING FACTS



- Chewing gum can take up to **50 years** to decompose.



- The most expensive chewing gum is **\$14,000**. This price was listed on eBay after Britney Spears chewed it.

- The most pieces of gum chewed at one time is **250 pieces**.

Lester in California, USA, has set this world record.

- It is generally harmless if you accidentally swallow a piece of chewing gum, as the gum base will not be digested but passed through the digestive system and excreted.
- Most dental specialists agree that chewing sugar-free gum for approximately 20 minutes after meals and snacks promotes saliva flow, thus cleaning the inside of your mouth.



# PROS

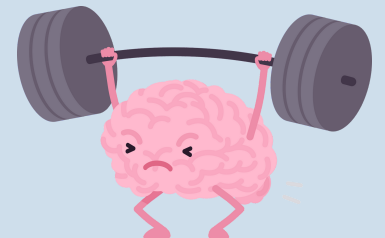
- **Better concentration**

Chewing gum can help you stay focused longer via reducing strength and anxiety. Because of this, more work can be done in a shorter period of time.



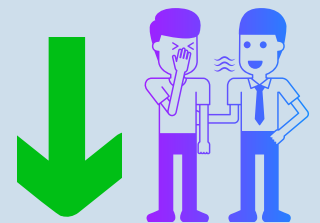
- **Improving your memory**

Chewing helps boost blood flow to your brain, improving your memory.



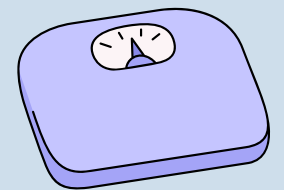
- **Reducing bad breath**

Chewing flavored gum not only makes your breath taste and smell fresh but also reduces bad breath in the long run.



- **Burning calories**

You can burn up to 11 calories per hour when you chew gum.



- **Preventing nausea**

If you feel ill, the saliva production from chewing gum may help you feel better.



# CONS

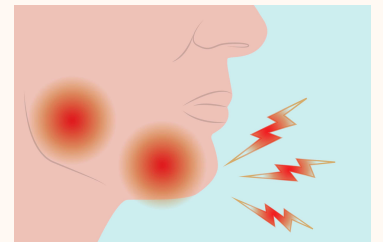
- **Tooth decay and loss of teeth**

By feasting on sugars left in your teeth and gum, bacteria reproduces and depletes your tooth enamel, causing your teeth to rot, loosen and eventually fall out.



- **Jaw pain**

Constant chewing overuses your jaw joint and creates strain on the jaw muscles.



- **Digestive disorders**

Chewing gum can cause digestive distress, such as stomach aches and intestinal bloating due to increased air swallowing. Artificial sweeteners in sugar-free gums can also contribute to diarrhea.



- **Risk of heart disease**

The prolonged untreated tooth decay will lead to loss of teeth and infections spreading into other parts of your body, resulting in heart disease and a weakened immune system.



- **Headaches**

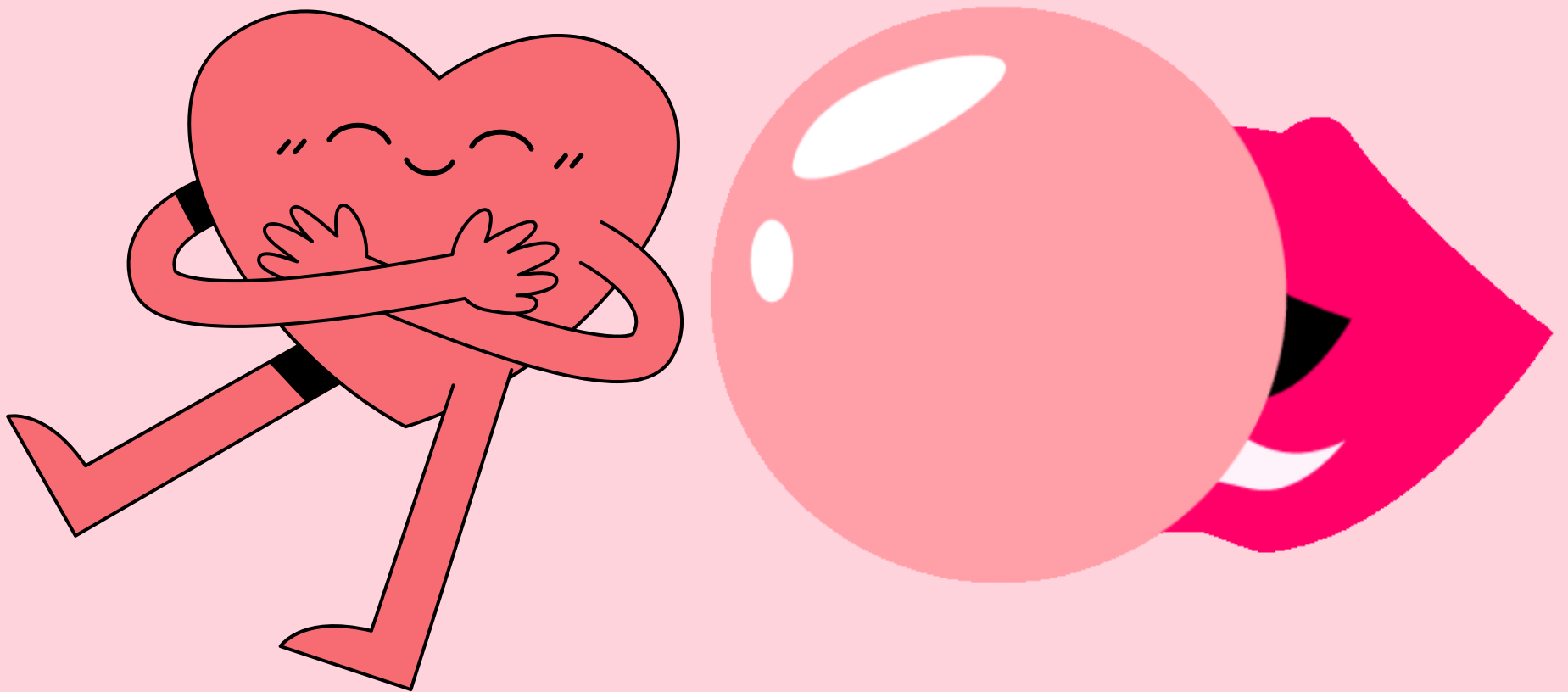
The report reveals that obsessive gum chewers experience chronic headaches after quitting chewing gum.





# Conclusion

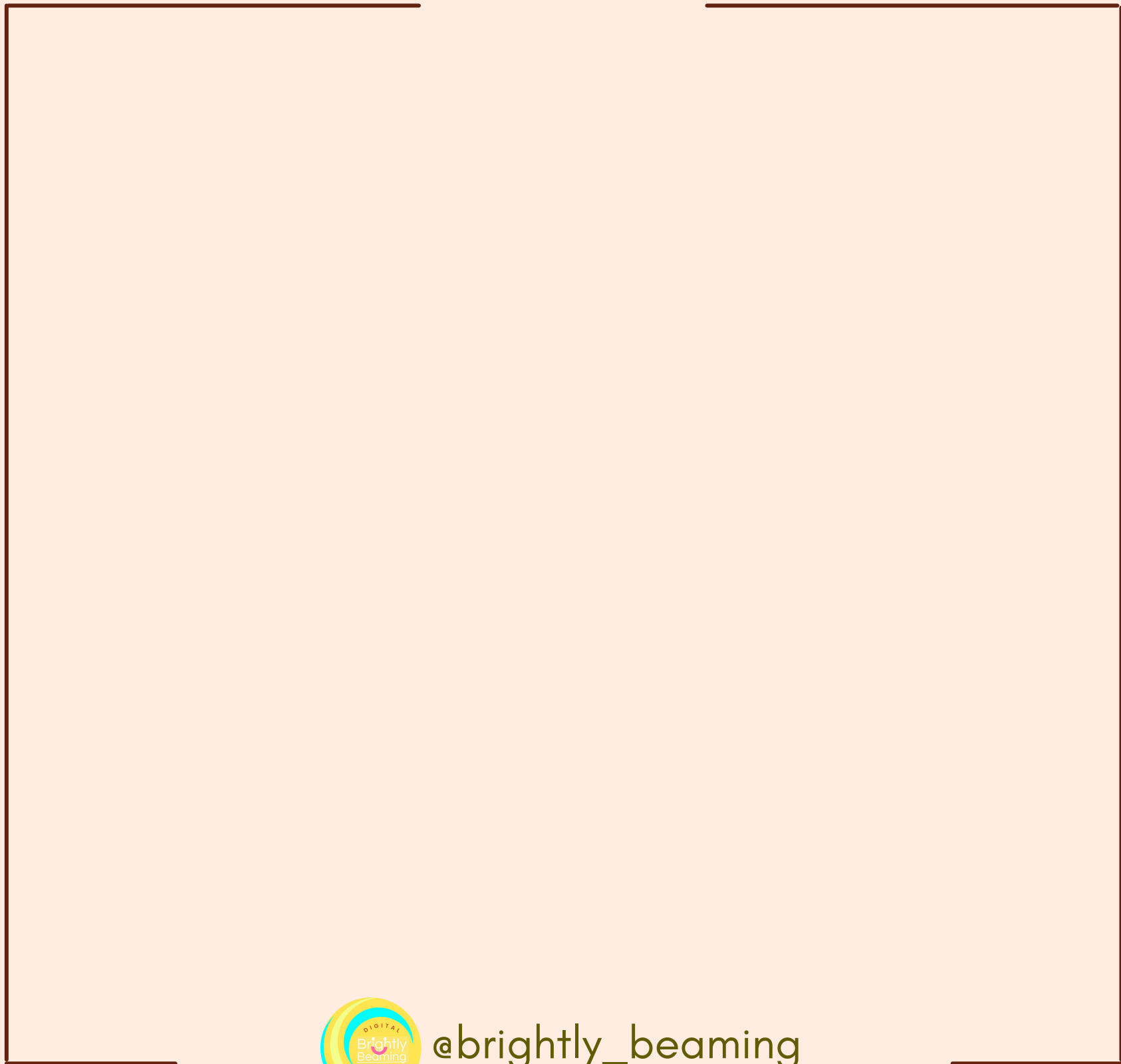
Though the popularity of chewing gum will increase over time, it is important to keep in mind to read the nutrition facts before purchasing the gum. This can help you choose the right chewing gum to chew safely and with satisfaction to avoid any health problems.



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