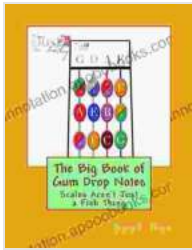


Big Of Gum Drop Notes One: A Comprehensive Guide to Chewing Gum



Big Book of Gum Drop Notes - Book One: Scales Aren't Just a Fish Thing - Igniting Sleeping Brains through Music (Big Book of Gum Drop Notes for Violin 1)

by Chris Briscoe

★★★★☆ 4.2 out of 5

Language : English
File size : 13971 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 178 pages
X-Ray for textbooks : Enabled



Chewing gum is a popular and enjoyable pastime that has been around for centuries. It is believed that the first people to chew gum were the ancient Greeks, who used tree resin as a way to clean their teeth. Over the centuries, chewing gum has evolved from a simple way to clean teeth to a popular confectionery item. Today, there are many different types of chewing gum available, each with its own unique flavor and texture.

The History of Chewing Gum

The history of chewing gum can be traced back to the ancient Greeks, who used tree resin as a way to clean their teeth. The resin was chewed until it became soft and pliable, and then it was formed into a ball and chewed

again. This process helped to remove food particles from the teeth and freshen the breath.

In the 19th century, chewing gum was introduced to the United States by John Curtis, a dentist from Maine. Curtis developed a chewing gum made from spruce resin, and he sold it as a way to improve dental hygiene. Chewing gum quickly became popular in the United States, and it soon became a popular confectionery item.

In the early 20th century, chewing gum was made from chicle, a natural gum base that is derived from the sapodilla tree. Chicle is a sticky, elastic substance that gives chewing gum its characteristic texture. Today, most chewing gum is made from synthetic gum bases, which are similar to chicle in texture and properties.

The Different Types of Chewing Gum

There are many different types of chewing gum available today, each with its own unique flavor and texture. Some of the most popular types of chewing gum include:

* Bubble gum: Bubble gum is a type of chewing gum that is designed to be blown into bubbles. It is made from a gum base that is more elastic than other types of gum, and it is often flavored with fruit or candy flavors. *

Sugar-free gum: Sugar-free gum is a type of chewing gum that does not contain any sugar. It is sweetened with artificial sweeteners, and it is a good choice for people who are trying to avoid sugar. *

* Medicated gum: Medicated gum is a type of chewing gum that contains ingredients that are designed to relieve certain symptoms, such as bad breath, sore throats, or congestion. *

* Sports gum: Sports gum is a type of chewing gum that is

designed to help athletes perform better. It contains ingredients that are designed to boost energy, improve focus, and reduce fatigue.

The Health Benefits of Chewing Gum

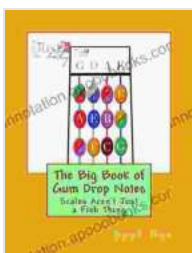
Chewing gum has a number of health benefits, including:

* Improved dental hygiene: Chewing gum can help to remove food particles from the teeth and freshen the breath. It can also help to stimulate the production of saliva, which helps to neutralize acids in the mouth and protect the teeth from decay. * Reduced stress: Chewing gum can help to reduce stress and anxiety. The act of chewing can help to release endorphins, which have mood-boosting effects. * Improved cognitive function: Chewing gum can help to improve cognitive function, such as memory and attention. The act of chewing can help to increase blood flow to the brain, which can improve oxygen and nutrient delivery to the brain cells.

The Risks of Chewing Gum

Chewing gum is generally safe for most people, but there are some risks associated with it. These risks include:

* Choking: Children under the age of 5 should not chew gum, as they are at risk of choking. * Digestion problems: Chewing gum can be difficult to digest, and it can cause stomach



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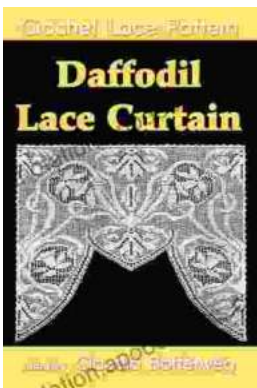
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