

The Benefits of Chewing Gum

Chewing gum can be more than just that helper to give you fresh breath. Chewing gum has been proven to reduce stress and improve performance. People who chomped during a recent stress test at Swinburne University had 16 percent less of the hormone cortisol (stress hormone) than those who took the test gum-free. Attention and memory scores also increased. Chewing boosts blood flow to the jaw and perhaps the brain. Added oxygen may boost mental sharpness and if you are on top of your game you feel less stressed says Andrew Scholey Ph.D of Swinburne University of Technology.

To tie in gum to even more benefits..... in attempt to quit smoking, chewing nicotine gum or any gum has proven to help individuals quit the habit. Chewing gum also burns calories.....so in the big picture keep chewing look at all the rewards.