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Health benefits of gum chewing

New research is indicating that chewing gum offers the surprising health benefits. However, there are no standard benefits on everyone. Each person is a unique, individual and will have different responses to chewing gum.

The results of scientific research indicate chewing gum may be good for a number of things that include: improve memory, stress reduction, increase focus, alertness and concentration, manage weight, improve oral health and etc.

Chewing gum improves memory

Psychologists say, the chewing gum can help in improving memory and enhance cognitive powers. They found that people who chewed throughout tests produced significantly better scores than people who did not. There are a number of potential explanations for that.

The act of continuous chewing or moving of our jaw actually improves our memory. The activity in the area of our brain that is important for memory (the hippocampus) increases while people chew. Some research shows that insulin receptors in the hippocampus may be involved in memory. Chewing gum increases the glucose level which is body-and-mind fuel.

Chewing gum increases blood flow to the brain. Increased heart rate improves oxygen delivery to the brain which can enhance our cognitive powers. Some studies have reported that blood flow to the brain increases by as much as 25

percent to 40 percent during gum chewing. Also the act of chewing speeds up our heartbeat and blood pressure just enough to wake up both left-and right hemispheres to work together.

Chewing gum produces more oxygen, more glucose and disposal of more CO₂. This is way chewing gum improves memory.

Chewing gum reduces symptoms of stress

Some teachers encourage students to chew gum during tests to help increase alertness and concentration. Psychiatrists and psychologists believe that chewing gum reduce tension and help to release nervous energy. Chewing gum may provide an outlet for frustration and irritation.

Recent research has shown that the rhythmic motion of chewing gum has a stress-reducing effect because relaxed and satisfied feelings.

Chewing gum helping to manage weight

With low calorie count (5 to 10 per serving), chewing gum is an inexpensive snack. According to some studies the adults who chewed the gum ate 36 calories less of the snack than adults who did not chew gum. Both regular and sugar free chewing gum helped the adults to eat less.

The physical act of gum chewing may help to reduce your cravings for high calorie snacks. According to a group of scientists chewing gum can burn about 11 calories per hour.

Chewing gum improves digestion

Chewing gum helps to improve intestinal motility, also helps to increase saliva flow which promotes more frequent swallowing. This helps to prevent reflux of acid from the stomach back into the throat.

Chewing gum improves oral health



The results of scientific research demonstrate that chewing gum is good for oral health and teeth specifically. Chewing gum increases saliva, which is the most important component of oral health and powerful protector of the oral cavity.

Stimulated saliva corrects a potentially harmful environment using its high concentration of buffers, minerals and antibacterial components. That helps to flush sugars, food debris and decay-causing acids out of the mouth.

Sugar free chewing gum has a number of dental benefits. Sugar free chewing gum doesn't cause tooth decay. It demineralises tooth enamel and has an antimicrobial effect. Those who chewed sugar free gum after eating had fewer cavities than those who did not.

Chewing gum freshens breath, whitens teeth by reducing stains and preventing stains from accumulating and reduces plaque.

Others benefits of chewing gum

Some people become more attentive and feel more alert when they chew gum. Chewing can take away sleepiness. Chewing gum that is sweetened with xylitol doesn't raise blood sugar. Also chewing gum has good taste.

As remind there is no standard effect on everyone. Therefore it is difficult to make a general rule that applies to everyone.

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