

## The Sticky Truth About Chewing Gum: 3 Reasons to Avoid It

Chewing gum is a popular habit for many, touted for its breath-freshening benefits and stress-relieving properties. However, there are hidden dangers lurking in this seemingly harmless habit. Here are three significant reasons to reconsider your chewing gum habit, especially for your children.

- **1. Dental Health Issues**

Most commercial chewing gums contain [sugar or artificial sweeteners](#) that can harm your teeth. The sugar in gum coats the teeth, contributing to cavities and enamel erosion. While this is a well-known issue, it is not the most disturbing aspect of chewing gum.

- **Cavity Formation:** The sugar in gum can lead to the [development of cavities](#) by providing a food source for harmful bacteria.
- **Enamel Erosion:** Continuous exposure to sugar can weaken and erode the enamel, the protective layer of your teeth.
- **Gum Disease:** Prolonged sugar exposure can also contribute to gum disease, leading to inflammation and infection of the gums.

**Summary:** Prolonged sugar exposure is a gateway to [cavities and gum disease](#); this is why you should avoid it.

- **2. Digestive Problems**

Chewing gum can lead to several digestive problems. Studies have shown that chewing gum causes you to swallow excess air, which can lead to bloating, gas, and even irritable bowel syndrome (IBS). Watch Dr. Pompa talk about it on his [Instagram](#). When you chew gum, your body releases digestive enzymes in preparation for food that never arrives. This can be harsh on your gut microbiome, leading to digestive imbalance and discomfort.

- **3. Jaw Imbalance and TMJ Disorders**

Most people chew gum on one side of their mouth, creating a significant jaw imbalance. This can lead to [temporomandibular joint \(TMJ\) disorders](#), causing pain and dysfunction in the jaw joint and muscles controlling jaw movement. The repetitive motion of chewing on one side can exacerbate these issues, leading to chronic pain and difficulty in jaw function.

### Artificial Sweeteners: A Hidden Danger

Many modern chewing gums contain [artificial sweeteners](#) like aspartame and sorbitol. These sweeteners can have adverse effects on health, including gut problems and weight gain.

The National Library of Medicine states, *“In another study, artificially sweetened beverage*

*consumption was linked to an elevated body mass index, as noted in over 5,000 adults, followed for eight years, as well as an increase in abdominal obesity (measured by waist circumference) during the nine-year follow-up.”*

Artificial sweeteners can disrupt your body's ability to lose weight and act as excitotoxins, which can be harmful to the brain. This makes them particularly concerning for children, who may be more susceptible to these adverse effects.

## **Conclusion**

While chewing gum may seem like a harmless habit, its hidden dangers can have serious health implications.

By understanding the risks and choosing healthier alternatives, you can protect your health and well-being.

Want to learn more? Head over to the [Pompa Program blog](#) for more insight on how everyday products can be impacting your health.

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