

# Why You Shouldn't Eat Your Boogers And Other Useless Or Gross Information About

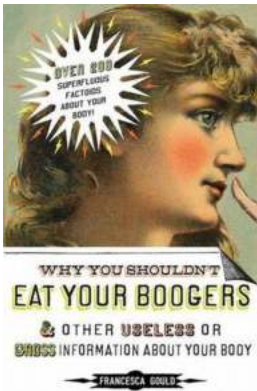


Science says booger-eating and nose picking is healthy. It turns out that snot is actually full of bacteria that helps your teeth, Immune system, and overall health.

Have you ever wondered why some people have peculiar habits or engage in seemingly useless or gross activities? Well, in this article, we will explore a variety of such habits and behaviors, delving into the reasons behind them and shedding light on why they should be avoided.

## 1. Eating Your Boogers

Many children and even adults have been guilty of this peculiar habit. The act of eating one's boogers may seem harmless, but it can have adverse effects on your health. Boogers contain viruses, bacteria, and other microorganisms present in your nose. By eating them, you expose your body to potential illnesses and infections. Therefore, it's crucial to break this habit and adopt better hygiene practices.



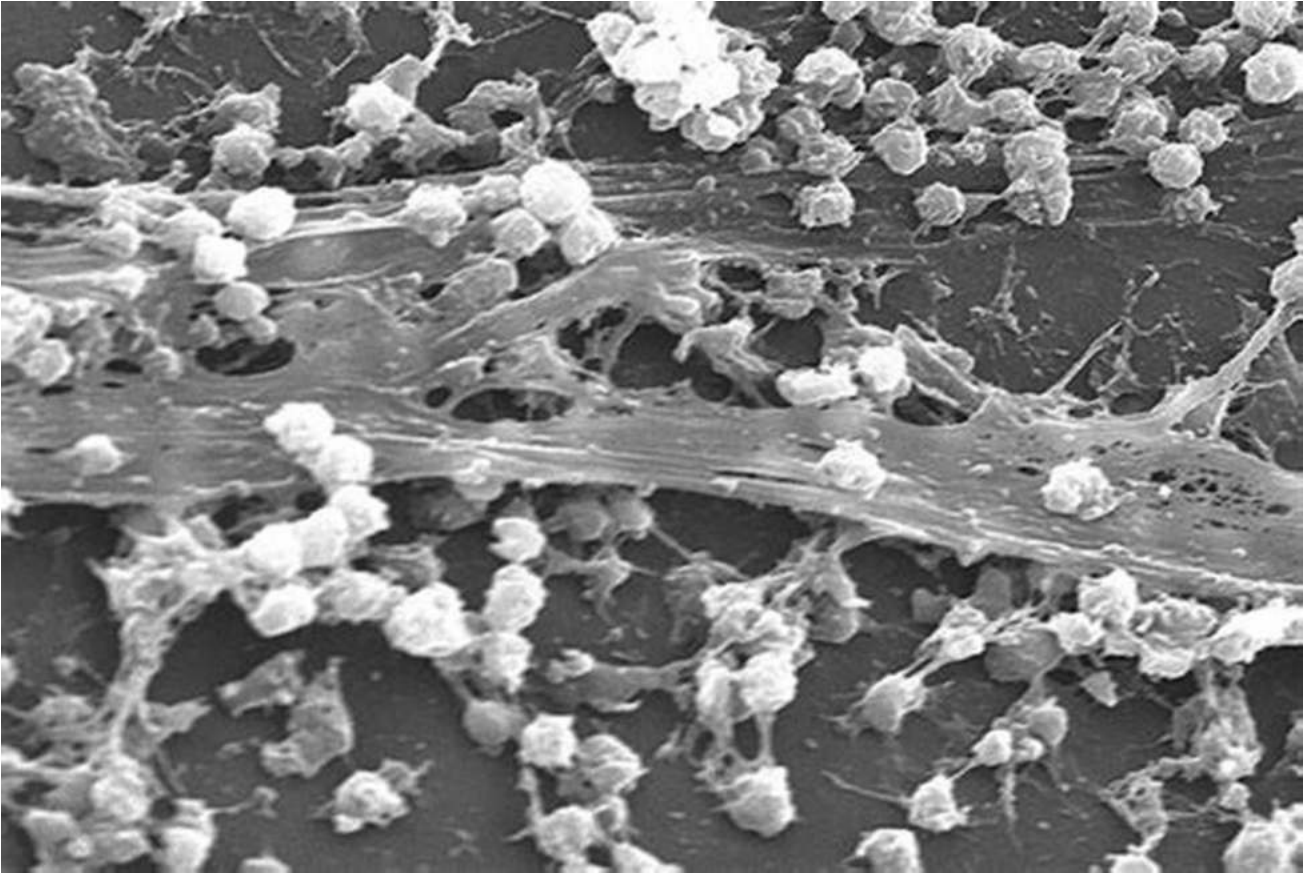
## Why You Shouldn't Eat Your Boogers and Other Useless or Gross Information About Your Body

by Francesca Gould (1st Edition, Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English  
File size : 3461 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 244 pages  
Screen Reader : Supported





## **2. Nail Biting**

Nail biting is a common habit that can be both unsightly and harmful. Not only does it ruin the appearance of your hands, but it can also lead to various health complications. When you bite your nails, you introduce germs and bacteria from the surroundings into your mouth, increasing the risk of infections. Additionally, nail biting can cause dental issues and damage to your teeth and gums. It's essential to find alternative habits or strategies to overcome this habit.

## **3. Picking Your Nose**

The act of picking your nose is often deemed socially unacceptable, and for a good reason. Besides being unhygienic and impolite, it can lead to numerous health problems. When you pick your nose, you introduce bacteria and irritate the delicate nasal linings, potentially causing nosebleeds and infections. Moreover,

excessive nose-picking can alter the natural structure of the nose, leading to long-term damage. It's crucial to use tissues or handkerchiefs to clean your nose properly.

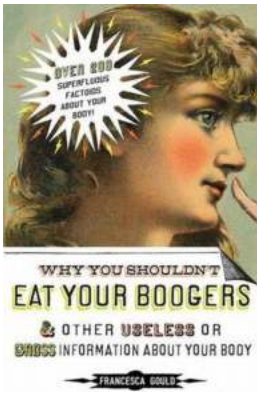
#### **4. Swallowing Gum**

It's a myth that swallowing a piece of gum stays in your stomach for seven years. However, while gum doesn't stick to your digestive system, it's still not entirely healthy to swallow it. Chewing gum is made of synthetic materials that your body cannot digest properly. Swallowing large amounts of gum can cause blockages in the digestive tract, leading to discomfort and potential complications. Therefore, it's best to discard gum properly after use.

#### **5. Using Cotton Swabs to Clean Your Ears**

The routine of cleaning your ears with cotton swabs may seem harmless, but it can be dangerous if done improperly. Inserting cotton swabs into your ears can push earwax further into the ear canal, potentially causing blockages and impairing your hearing. It's advisable to let your ears self-clean naturally. If necessary, consult a healthcare professional for safe and effective earwax removal.

While some habits or actions may seem harmless or even satisfying in the short term, it's crucial to understand the potential risks and negative consequences they may have in the long run. From the harmful effects of eating boogers and swallowing gum to the detrimental impact of nail biting and nose-picking, it's essential to break these habits for the sake of our health and personal well-being. By adopting better hygiene and self-care practices, we can ensure a healthier and happier future.



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Fascinating...Unbelievable...Gross! These are just a few of the responses readers will hear when they impress their friends with facts from the quirky new book of body trivia, *Why You Shouldn't Eat Your Boogers & Other Useless or Gross Information About Your Body*, by Francesca Gould.

This collection of little-known facts about the human body answers the questions you have always wanted to ask but never dared to, such as:

- Can smoking make your teeth fall out?
- Is it safe to eat moldy food after the mold's been cut off?
- Do intelligent people have bigger brains?
- How do astronauts poo in space?

The book also offers many unbelievable-but-true historical factoids about the body. For example:

- Have you ever heard of Dr. Strangelove Syndrome? It's a rare condition caused by damage to certain parts in the brain, which results in a person's hand

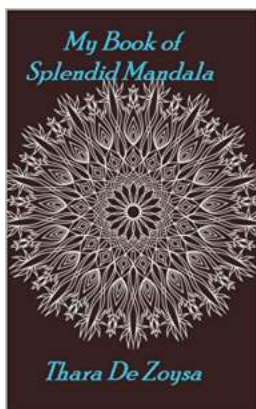
acting independently and taking on a life of its own.

- Did you know that there is also a rare condition called Foreign Accent Syndrome, which results in people suddenly developing a foreign accent?
- Have you ever wondered if a heart transplant could change your personality?

The short answer is, yes!

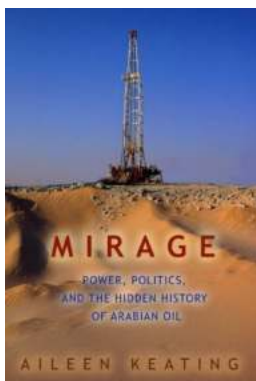
- Did you know that men used hair gel 2000 years ago during the Iron Age?

Why You Shouldn't Eat Your Boogers offers a cornucopia of body trivia that will have readers cringing with delight! You can read it on the subway, in the bathroom, or even in a heavy downpour! For contrary to popular belief, according to this book, you cannot catch cold by standing in the rain!



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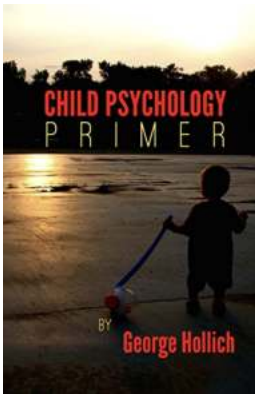
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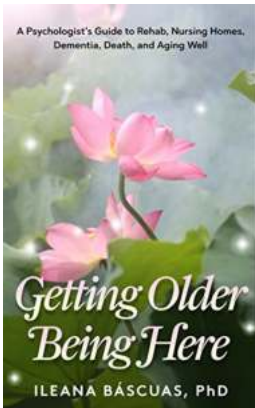
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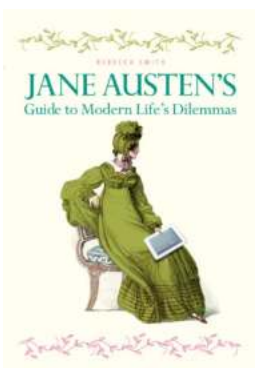
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