Top Benefits of Chewing Gum
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Top Benefits of Chewing Gum

Everyone has their own reason for chewing gum: To survive boredom, to freshen their breath, or maybe just because they enjoy the taste. It’s a pastime for so many—and it’s been around for thousands of years, too. Did you know the ancient Greeks, Mayans, and Aztecs all used it to fight bad breath and curb hunger?

You may already know some of chewing gum’s benefits (some of them are fairly obvious, after all), but it may surprise you that it’s good for more than just a minty refresh or leaving on the ground for others to step on (please remember to place in a trash bin). Here are the top different ways your gum may benefit your everyday.

1. It Freshens Your Breath

We said some of these benefits were fairly obvious, but it goes without saying that making your breath smell better is the top reason people chew gum. Not only does it help combat bad breath, but it may also encourage general oral hygiene. ORBIT® Gum has tons of different flavor options(open in new tab), like Sweet Mint(open in new tab), Bubblemint(open in new tab), and more.

2. It May Be Good for Your Teeth

When we chew gum, saliva production increases, helping to wash away food particles, neutralize plaque acids, and protect against tooth decay(open in new tab). Sugar-free gum is particularly effective, as it doesn't have any sugar that may increase the risk of harm to your teeth. But don't worry: if you only chew gum with sugar every once in a while, you should be okay as long as you remember to brush and floss!

3. It May Help Keep Your Teeth White

Does that surprise you? The active ingredients in gum like ORBIT® White gum may actually help to keep your teeth white(open in new tab)! Some of these ingredients act as mild abrasives to remove surface stains on your chompers. In fact, in a 12-week clinical trial, chewing one piece of ORBIT® White(open in new tab) for 12 minutes five times a day helped reduced staining.

4. It May Help You Feel More Confident

Chewing sugar-free gum isn't just about oral health—it may also boost your confidence! Fresh breath plays a key role in making a positive impression, whether you're heading into a meeting, having lunch with a friend, going on a date, or attending a social event. Think about it: Wouldn't you feel better knowing your breath smells minty fresh rather than what you had for lunch? Carry a pack of gum with you(open in new tab) and hold your head high.

Frequently Asked Questions

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1. **Is it Good to Chew Gum Every Day?**

   Chewing sugar-free gum every day is generally okay as long as you are also taking care of your teeth with a good oral health care routine.

2. **When is the Best Time to Chew Gum?**

   That depends on what you're trying to accomplish. Feel like you need a boost of confidence? Chew a piece while you're getting ready to go out. Bored at work or on your way to class? Plop a piece in your mouth right then and there. In general, there's no bad time to enjoy some gum! If you're looking for a recommendation, we like ORBIT® Gum, but we may be a little biased.

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