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Kids Eat Sand

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Kids Eat Sand

It seems almost impossible for humans to live without rules. Since the dawn of time, man has evolved with the help of patterns that have become moody in the course of evolution. Natural shoots could be one of the many important factors in our successful evolutionary history. And that is why the question arises as to why, with rules that seem to require the most natural, humans want to partially or completely prevent or restrict them. From unwritten laws to holy scriptures, laws, laws, or rules restrict the needs of us, to varying degrees. However, most of the laws, bids or rules lack actual justification. "Why can not I do that?" Or "Why do I have to do that?"

Every person has different rules depending on their culture, origin or belief. Some have more, the others less, indulgent or strict, but everyone has rules in the end. These are supposed to help us to lead our lives in the best possible way, but these are often broken and nature gains the upper hand over our discipline.

Rules can be set by each individual, personal philosophies that are adopted by others grow steadily. However, laws apply to all affiliates of your district of jurisdiction. And commandments are undeniably persecuted for fear of God or love of God.

Rules? Yes! Like sand on the beach, whether good or bad, right or wrong, sensible or not, even those who are convinced of a rule or respect these are not necessarily immune to their life long to follow.

And that's where the question arises ... Why is that? For what reasons is it almost unnatural to abide by certain

rules or laws?

There are thousands of laws in a legal code that are listed in the legal language in §, but it never states why the law should be obeyed. What personal benefits it has for yourself or the company just does not seem to be the task of a law book.

In the Quran there are offered 100th poems and verses in poetic form which are supposed to guide the life of the human being, but it is not always explained why.

If a mother on the beach catches her 1 year old child eating sand, it is very likely that it will ban you, but she will not be able to explain why.

There could be several reasons for that, but most of the time you can tell depending on who you are. Man or woman, old or young, the list is very long and even goes up to the occupation of a person.

When the meal of sand is forbidden for the child ...

Then a dentist's explanation would probably be, "Because it's not good for the teeth." Research on the diet of the Stone Age people and Neanderthals found that the life of the teeth was significantly lower than it is today. The main reasons for this were, for example, the chewing of raw meat and hard sinews, but even when eating fruit and bulbous plants, occasionally sand grated between the teeth.

In a dental articulator, which is standard equipment for a dental technician, the researchers simulated the chewing movements and artificially exploited the tooth over time in this device. It was found that when chewing with worn teeth, the forces were distributed much more evenly and the tension in the outer area of the cervix were significantly reduced.

Therefore, evolution does not provide a false tooth, but a balanced compromise: the tooth became less and less during a Stone Age life, but at the same time more durable. Today, however, the situation has changed fundamentally. At least in the highly developed countries, sand or tendons rarely crunch between their teeth. The teeth were already worn in the stone age at the age of 40 years, it looks today almost almost as new. The Stone Age man was able to afford this loss of teeth quite well, after all, the life expectancy was not even 40 years.

It is also possible to recognize the teeth or the eating habits of a human tooth. When chewing, the crowns of the opposing teeth rub against each other. Even though the hardest substance of the body, the hydroxyapatite, grinds with the tooth enamel, it always splits off tiny parts. Since people chew on a soft banana other than strong muscle meat, this pattern of abrasion clearly differs between lovers of pudding, carrots or steaks.

Vegetarian, vegan or meat eater is also crucial. So what would a nutritionist say about that?

A nutritionist would probably say, "It costs the body more energy to digest the sand than energy the body can ultimately use."

It may sound crazy, but theoretically sand has calories, energy like all the other foods we know. In the case of primitive peoples, eating earth, sand and clay is normal and serves to absorb important minerals and trace elements that the body needs. However, it can also consume the entire digestive tract and cause painful stomach cramps and constipation.

But apart from the bad energy and digestive problems, eating sand may be a good thing.

Allergologists are of the opinion that playing in the dirt or eating sand is not as bad as an exaggerated hygiene.