**Hug**

A hug releases the hormone called Oxytocin, which makes you feel relaxed, heal the physical and mental wounds, and soothes your body and mind. It is an easy and simple way to pacify your kid.

Give a warm hug to your near and dear ones to stay happy and healthy.

**Chewing Gum is good for your health!**

Chewing gum at regular intervals improves oral health and hygiene. It stimulates the saliva secretion and flow in mouth, reduces plaque, removes off debris, enhances the strength of teeth and prevents cavities. Remember to chew sugar free gums!