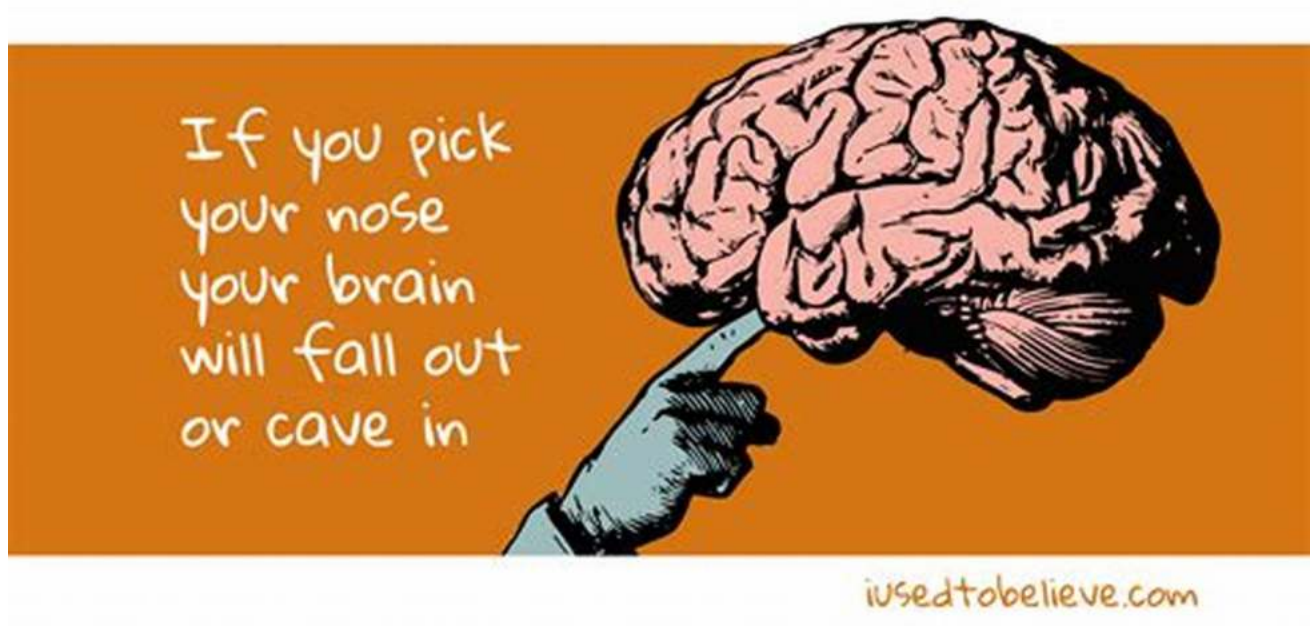


Pick Your Nose And Your Brain Will Fall Out



In our society, nose-picking is often seen as a social taboo, associated with bad manners and lack of hygiene. However, recent scientific research suggests that there may be more to this common habit than meets the eye.

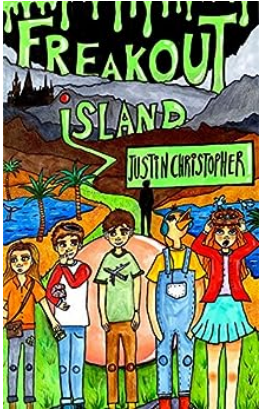
The Neuroscience of Nose-Picking

Our noses are lined with tiny hair-like structures called cilia, whose main function is to trap and filter out dust, pollen, and other foreign particles from entering our respiratory system. However, these cilia can also capture and accumulate harmful pathogens, including viruses and bacteria, which can lead to various respiratory infections and illnesses.

Freakout Island: Pick your nose and your brain will fall out! by Justin Christopher (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

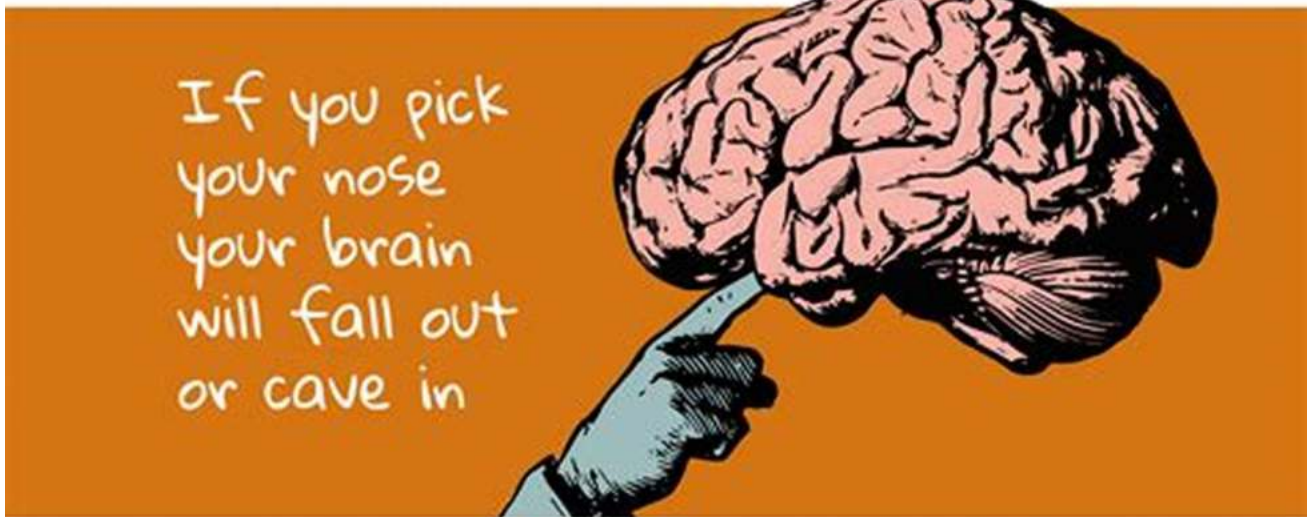


File size	: 3923 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 211 pages
Lending	: Enabled



When we pick our noses, we disrupt this natural defense mechanism, potentially allowing those trapped pathogens to enter our bodies. Although the risks might not seem significant for occasional nose-pickers, repeated and excessive picking can expose us to a higher likelihood of respiratory infections.

But does picking our nose affect our brain as well? The answer lies in the structure of our nasal cavity. Deep inside our noses, we have a delicate and intricate network of blood vessels, nerves, and even olfactory receptors responsible for our sense of smell.



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By aggressively picking our nostrils, we risk damaging these sensitive structures. If the inner lining of our nasal cavity becomes injured or infected, it can lead to a host of problems, including decreased olfactory function, headaches, and even potentially affecting cognition.

The Psychological Implications

Nose-picking is most commonly associated with stress, boredom, or a subconscious attempt to find comfort. It becomes a habitual behavior that people engage in without realizing they are doing it. This repeated action can have psychological implications.

Studies have shown that excessive nose-picking may be linked to anxiety disorders, such as obsessive-compulsive disorder (OCD). The act of picking becomes a repetitive behavior to alleviate anxiety or fulfill a perceived need for cleanliness, leading to a vicious cycle.

Furthermore, nose-picking can have social consequences. It is generally considered a socially unacceptable habit, and people who engage in it may be met with disgust or judgment from their peers. This can lead to feelings of shame and embarrassment, further exacerbating any underlying anxiety or stress.

Breaking the Habit and Healthy Alternatives

For those struggling with nose-picking, the first step is awareness. Recognizing the triggers and situations in which the habit arises is crucial. Finding healthier alternatives to cope with stress, such as deep breathing exercises, stress balls, or engaging in a hobby, can help shift the focus away from nose-picking.

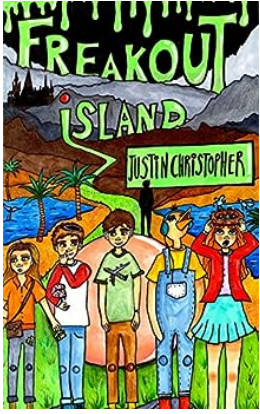
Establishing a good nasal hygiene routine is also vital. Regularly cleaning the nostrils with a saline solution can help flush out potential pathogens and reduce the urge to pick.

It is important to remember that breaking any habit takes time and patience. Seeking professional help, such as therapy or counseling, can provide the necessary support and guidance to overcome the underlying psychological factors contributing to nose-picking.

Picking your nose may seem like a harmless habit, but the potential repercussions to both physical health and psychological well-being should not be overlooked. By understanding the neuroscience behind nose-picking and addressing the underlying causes, we can break the cycle and maintain a healthier lifestyle. So next time you feel the urge, think twice before you pick your nose because your brain in more than one sense might just fall out!

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"Freakout Island is a delight to read - by yourself or out loud. Loads of funny moments that will appeal to kids of all ages."

Suzu Cato - Children's television host

"Bonkers, batty and completely bananas, Freakout Island is a hoot!"

James Russell – author of the Dragon Brothers Trilogy

"My just turned 9 year old loved this book!"

Deb Lay - Book Reviewer

"If you can embrace nose-picking, bubblegum-popping and banana-yellow tracksuits; this book will give you a rollercoaster ride! We all loved it!"

Suse Jones, Wiltshire, UK

FREAKOUT ISLAND tells the story of five children who are tricked into visiting a wonderfully magical island, which quickly becomes a hilarious and unexpected disaster.

Ten-year-old Leo Wiggly enjoys the spoils of his parents' unusual careers. Life as Professional Competition Winners has its perks. One enormous perk is a particularly lucky week that nets Mum and Dad a nice vacation for two. Unfortunately, that leaves Leo stuck at home with his old Aunt Margo.

A stickler for rules, Aunt Margo is none too pleased with Leo's behavior. When she witnesses him swallowing his chewing gum, that's the last straw. Off to Friendly Island she sends him until his parents return, but things are not all they seem on the island.

It doesn't take long for Leo to discover Friendly Island isn't so friendly after all. It's a place where naughty children are sent to correct their disgusting behavior. Four other children arrive with him and soon unusual punishments are distributed, and the results are mind-boggling.

Harriet is cursed with a bird's nest atop her head for her "crimes". Felix literally loses his mind. Ricky is forced to spend eternity squawking like a parrot. Eden's hands are made of glue. And poor Leo is now forced to live with massive bubbles blowing out of his butt for swallowing gum.

Can Leo save himself and his friends before the island's Komodo dragon eats them for supper, or is their fate already sealed?

□

What the cool kids are saying about Freakout Island

"The first book my two boys have both 100% invested in outside of Roald Dahl."

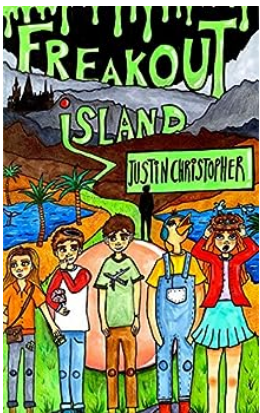
Dave Ward

"I found the storyline and the main idea intriguing. The idea of getting sent to Freakout Island would be a dream and a nightmare at the same time. If I was one character in the book, I would be Leo Wiggly, because I like his habit; eating bubble gum. I think you should read this book, because it is funny, exciting, and if you like Paul Jennings, you'll love this."

Theo Key, 12

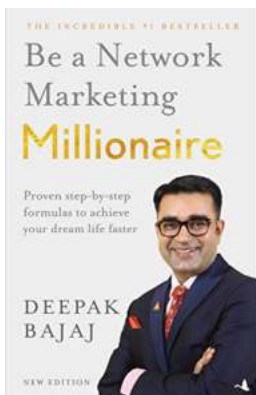
Freakout Island is, put simply, a marvellous book. It seems to be made of a wonderful concoction of heart, humour, and sheer unfiltered happiness, all held together by a copious amount of pink bubble-gum. I laughed, gasped, and worried about the characters' fates, and I loved every second of it.

Taylor Malmo



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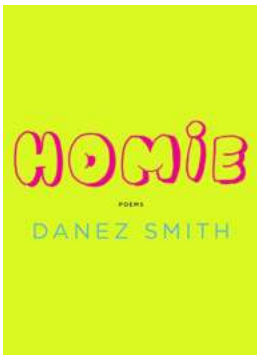
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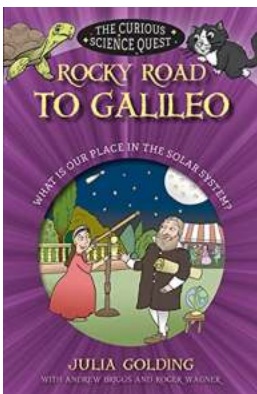
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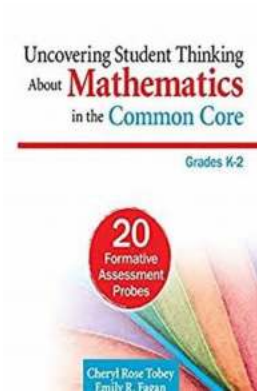
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