

SUPER GROSS HEROES

The Super Yucktastic Seven—fighting for your body's health



B Blisters If your shoes don't quite fit, a small watery bubble may spring up on your heel. They hurt, but don't pop them because they protect the area so it can get better.

S Sweat The older you get, the stinkier your sweat becomes. But sweat keeps your skin cool when you play basketball or run.

M Mucus You may only think of mucus being in your nose (often called snot). But the slimy solution protects your skin and lungs—and even helps you swallow food.

E Eye Crud Be glad for the gunk in your eyes when you wake up. While you sleep, you're not blinking, but your eyes stay clean by rounding up the dirt.

B Burps While not so good at the dinner table, burps are your body's way of getting out the air you gulp down with your food or drink.

S Spit Two to four pints of this goop pour into your mouth a day. But that's good because spit—or saliva (sah-LYE-va)—helps you swallow and digest your pizza.

EW Earwax Sometimes goeey and sometimes crusty, earwax protects the insides of your ears by keeping dust and other junk out.