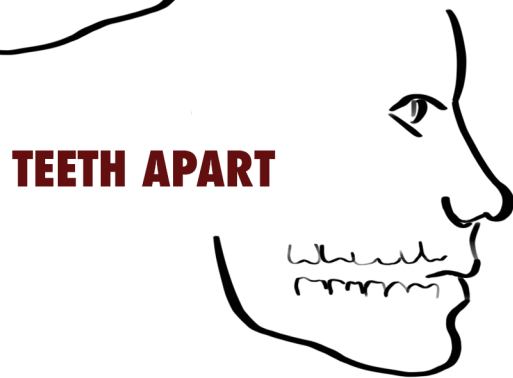




LIPS TOGETHER



TEETH APART



TONGUE UP

The tongue should rest against the roof of the mouth. If you can not get your tongue into the roof of your mouth (or stick it out past your lower lip) then you may have a tongue tie. Ask your dental professional about this. The lips should be together. The teeth should not be touching. The jaw should be relaxed.

Want to know more?

For more information please
visit: www.lipzipbook.com

Lip Zip

breathe better to live better

Timothy Ives and Trisha O'Hehir



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Lip Zip

breathe better to live better

PROBLEMS WITH MOUTH BREATHING

**Snoring
Sleep Apnea
Asthma
Allergies
Fatigue
ADHD
Bad Breath
Crooked Teeth**

NASAL BREATHING

Breathing through the nose leads to 18% more oxygen reaching your brain and muscles. It also leads to more restful sleep and human growth hormone, important for growth in children and keeping adults looking young.



Breathe in through your nose and out through your nose with your mouth closed both day and night. Apply calm, gentle, quiet breathing at all times. Yawn with your mouth closed.



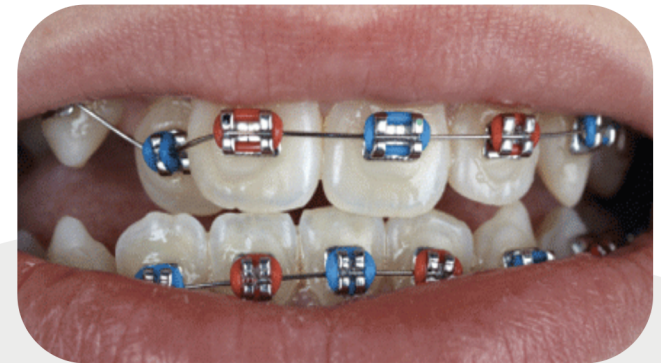
Put your hand on your chest to make sure it doesn't move while breathing. Your tummy will expand when you inhale through the nose and contract when you exhale through your nose.



For children, encouraging a hard fibrous diet where the teeth have to really chew the food to break it down will also help the muscles and bones in the face develop.



The tongue is actually an orthodontic appliance. Every time you swallow with your tongue rolling against the roof of your mouth, it stimulates stem cells and DNA to grow a wide palate, open airway, full sinus spaces, high cheek bones, and plenty of space for the teeth to line up for a perfect smile.



You swallow 500-2,000 times each day. If the tongue doesn't rest against the roof of the mouth, then the palate narrows, with less room for the teeth, creating a longer face, longer nose, recessed chin and a constricted airway.