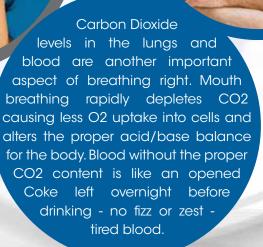
Breathing Right - Breathe Light

- The diaphragm is our breathing muscle. The abdomen expands out on inhale and contracts on exhale.
- Upper chest breathing is shallow and wrong.
- Train your body to adopt soft, gentle, quiet, calm, smooth, light breathing.
- Tape mouth closed with 3M Micropore tape as nose breathe trainer.

Nitric oxide is the mighty purification molecule produced in the nose and sinuses that is a critical part of our natural defense system, regulating blood pressure, reducing cholesterol, plaque build-up in arteries, preventing stroke, dilating blood vessels and other beneficial advantages, but no nitric oxide is present in mouth breathing. Rich Nitrate foods increase production of nitric oxide.



# **Call Today for an Evaluation**

The Breath

There's nothing more important than your next breath.

### The Nose Knows



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# The Lord God formed man and breathed unto his nostrils the breath of life, and man became a living being.



All animals breathe through their noses, even in a race.

Health depends on how breath transfers oxygen to each cell in the body.

## DYSFUNCTIONAL BREATHING:

- 1. You mouth breathe sometimes often, most of the time
- 2. You often need over the counter nasal decongestants to open your nose
- 3. Mouth is open when asleep or anytime during day
- 4. You wake up with a dry mouth
- 5. You have thick mucus in nose and throat in morning
- 6. You snore
  - 7. You do not wake up refreshed
    - 8. You are getting less sleep than you require
    - 9. Your sleep is interrupted during the night
    - 10. You are sleepy during the day
    - 11. You have difficulty concentrating and staying focused
    - 12. You are irritable and out of sorts
    - 13. You have difficulty going to sleep or getting back to sleep once awake
  - 14. Your breathing can be heard as heavy breathing
- 15. You cannot hold your breath and walk 40 paces
- 16. You cannot hold your breath for a minute
- 17. You have anxiety and apprehension about the future
- 18. Allergies are a problem.



- All infants should breathe through their nose with mouth closed
- Heavy, labored breathing is abnormal
- No child should snore
- Pediatric ENT physicians should be consulted if any breathing difficulty is noted
- Tonsils and adenoids should be examined ages 3-7
- Early orthodontic treatment can be beneficial in enlarging the airway
- Mouth breathing is the harbinger of future health disorders
- Correct nasal breathing enhances normal facial development
- Breathing right = sleeping right
- Sleep disorders are breathing disorders
- Correct breathing enhances learning, concentration, athletic ability, body chemistry, and healing
- Tongue posture: the tongue is flat against the palate with the tip touching the back of the incisors.

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