

Mouth Breath



Nasal Breath

Sympathetic Nervous System - Parasympathetic Nervous System

- **Progressing continuum goes from: mouth breathing → snoring → sleep apnea**
- **The tongue needs to be positioned at the roof of the mouth to go from mouth breathing to nasal breathing. This requires strength and flexibility**
- **Nasal breathing - tongue seal to roof of mouth 100% turns-off the sympathetic nervous system**
 - Nerve that runs parasympathetic system called the vagus nerve controls back of the throat and is activated when you: ohm - hmmm - gag - gargle - sing

Room For Tongue

- **Orthodontics to make room for tongue to be positioned at the roof of the mouth:**
side to side and front to back

Tongue Strength & Mobility

- **Myofunctional therapy to improve tongue strength**
 - Therapist, Shelly Azevedo - Website: <https://www.balancedfaces.com/>
- **Myofascial release to improve tongue mobility**
 - Ryan Roling, (Rolfing) - Website: <https://www.ryansrolfing.com/>
 - Leno Cedros, (Bodyworker Kinections) - Website: <https://www.kinectionsinc.com/>
 - Bob Deluca, Osteopathically Informed Bodywork - (Integrative Manual Therapeutics) Website: <https://www.integrativemanualtherapeutics.com/>
- **Possible tongue release after orthodontics to also improve tongue mobility**
 - Dr. Soroush Zaghi, MD - Located in Walnut Creek
Website: <https://www.zaghimd.com/>

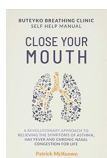
Face Strength



- **Face yoga to strengthen the orbicularis oris / muscles of mastication to keep mouth closed**
 - Book: The Ultimate Guide to the Face Yoga Method
Author: Fumiko Takatsu

↑ CO2 Tolerance for oxygen availability to the body

- **Buteyko breath holds**
 - Website: <https://buteykoclinic.com/buteykochildren/>
- **Whim Hof**
 - Website: <https://www.wimhofmethod.com/breathing-exercises>
- **Mouth taping in the day / night**
 - Book: Close Your Mouth
Author: Patrick McKeown
- **Sky breath course**
 - Website: <https://www.artofliving.org>
 - 916-768-8413
 - deepak.gilra@artofliving.org



- Book: Breath
Author: James Nestor



Overall Guide For Rehabilitation

- **Step by step guide to fix mouth breathing**
 - <https://sachinpatel.kartta.com/page/stopsnoringguide>