

**visioneer29**

What terrific information! When I was a kid, I worked with a speech therapist who placed a Cheerio (not an endorsement, I don't eat cereal) on the ridge in the roof of my mouth where my tongue should rest. It became a lifelong habit. I also learned to pull my neck into proper alignment with my spine while studying internal Chinese martial arts; it's part of the standing meditation.

Thank you, Dr. M., for sharing this information. All of us can benefit from maximizing our digestion, speaking clearly, and sleeping deeply. Health and peace, Mercolans. If you've never gotten the Daily Lymphatic Activation, and would like to try it, send me a PM with your email address, and I'll get it to you right away. I offer it gratis, and I'll never use your email for anything else.

Posted On 02/01/2013

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**evo**

Hello visioneer29, I am interested in the Daily Lymphatic Activation, and would like to try it, Thanks,  
email: illoma4@yahoo.ca

Posted On 04/07/2013

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**nusrath1**

please send it to my e-mail hafsa.abid25@gmail.com Thanks

Posted On 04/08/2013

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## **EliMari**

Hello visioneer29! I would be very much interested in learning about daily lymphatic activation. My email: EliMari7421@gmail.com Thank you!

Posted On 04/09/2013

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## **notablond1**

to visioneer29, I would very much like to have the Daily Lymphatic Activation. My email is turquoisewoman1@yahoo.com. Thanks so much.

Posted On 04/09/2013

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## **kimbercin**

to visioneer29, I would very much like to have the Daily Lymphatic Activation. My email is kimbercin@aol.com. Thanks so much.

Posted On 04/11/2013

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## **joymoeller**

If you have sleep apnea, many doctors will tell you to side sleep because your tongue, if it is weak and your are mouth breathing, may fall into the airway and obstruct your breathing. Hence snoring begins. However, if you can raise the headboard the size of a brick, you can sleep on your back because then your tongue will drop down into the floor of your mouth if it is weak. A bed riser works or large phone books or bricks. Thsi will help your Temporal Mandibular Joints because many times if you do side sleep, your jaws may hurt.

Posted On 02/13/2013

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## **bpfsa**

Teaching/training yourself to sleep whilst sitting upright in a nice lounge chair or similar (not in a "TV slouch" position) will also do wonders for your night & sleep breathing. In most cases it'll prevent sleep apnoea and stop snoring. It is beneficial for other conditions, too, including where needed keeping fluid out of your lungs and improving weak cardiovascular conditions.

Posted On 04/07/2013

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## **malijo789**

Thank you, Joy. I was just about to get very discouraged when I read that I should sleep on my back to improve breathing. That goes in direct opposition to everything I've been told before. However, whenever I try to swallow with my tongue on the roof of my mouth, I pull my chin back. My tongue won't fit otherwise. Am I doing something wrong? Are my top and bottom teeth supposed to be together or apart? Thanks!

Posted On 04/07/2013

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## **carol\_vstoep**

Joy! Amazing job, of course. I was taking it upon myself to comment because I know you have a wonderful occasion to celebrate today having nothing to do with this passion for myofunctional therapy you have that is your gift to the world. I hope no one minds.

This is an answer to Mailjo: Go to: [myoresearch.com/orthodontics](http://myoresearch.com/orthodontics) . Click on "watch video" on the right of the page, then also "More" below that. Watch the video that pops up on that page also. It shows the common, but incorrect swallow pattern you have. Yes, the lower jaw does drop back, but you can learn to swallow correctly. It is not the first thing you learn in therapy as learning other neuromuscular patterns must precede it. I appreciate the company MyoResearch and their appliances that help with this, but appliances don't help make the new neural connections as well as therapy and don't change all the muscle patterns. In fact, they are intended to be used in conjunction with myofunctional therapy.

Posted On 04/07/2013

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**pgoltz**

Side sleeping can also cause misalignment of the spine, but unfortunately, sleeping on the back can cause snoring. They make therapeutic pillows that help, but good ones are hard to find. Side sleeping isn't a guarantee your lips won't open if you are older.

Posted On 04/07/2013

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**gordonwright**

Kriya Yoga teaches you to put your tongue to the palette when doing the 42 recharging exercises. The Yog Temple in Kitchener Ontario Canada gives courses on the 42 recharging exercises and meditation using the technique Dr. Mercola mentioned. The program is run by a Canadian Medical Doctor. Her name is Taramata. [www.kriyayoga-yogisatyam.org](http://www.kriyayoga-yogisatyam.org). Google "kriya Yoga in Allahabad, India. Dr. Mercola should Connect with Taramata in Canada. They are both MD's. The email for the Yog temple in Canada is :[kriyayoga.canada@yahoo.ca](mailto:kriyayoga.canada@yahoo.ca).

Posted On 04/07/2013

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## carol\_vstoep

Most yoga disciplines teach the "tongue up" position. Besides all the other wonderful benefits, yes, it also completes two important meridian circuits. Many of my clients tell me they put their tongues up during yoga, but didn't realize it was supposed to "live" in the roof of the mouth the rest of the time.

Incidentally, the various breathing techniques taught in yoga are geared to vastly reducing the rate of breathing, which helps one hold on to CO2 better. Carbon Dioxide (CO2) is important for keeping sinuses and nasal passages clear and popping oxygen off hemoglobin for use in the body. Without that, oxygen stays in the blood stream and tissues remain less oxygenated. Think cancer enhancement and suboptimal function of all tissues. Cold hands and feet and brain fog also result.) CO2 also relaxes smooth muscles (contributing to active bladder, high blood pressure, brain fog, muscle excitability so hyperactivity), and nerve excitability.

Many children with hyperactivity are simply running around trying to build up carbon dioxide in their blood, but they can't because they are mouth breathers. Mouth breathers breathe 2X as fast and frequent, so blow off this important gas. They also have a lower tongue rest posture of necessity. It is all so related! More on this in Mouth Matters and Patrick Timpone interview sited below and linked on [www.mouthmattersbook.com](http://www.mouthmattersbook.com).

Posted On 04/07/2013

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## 62shelby

Carol, so true about yoga. I went from a mouthbreathing ex smoker to a nose breather and in the last two years have been resting my tongue on the roof of my mouth. My yoga teacher said that it completes a circuit and that it was possible that I was getting cold sores on my lip because I hadn't been doing so. Since then I have not had one cold sore. I think it's important to note that mouth breathing also excites the sympathetic nervous system and all its attendant problems, whereas nose breathing makes one more parasympathetic dominant.

Posted On 04/07/2013

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## regriasregalia

I am in a Tai chi class for my arthritis which has helped me a lot. But he also teaches about placing the tongue on the roof of the mouth where it belongs. He also teaches breathing thru the belly by when you breath you breath through your stomach and not your chest and then when you breath out, it is like your pulling your navel towards the spine.

Posted On 04/08/2013

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## lauraleelee

THIS WORKS! Our son's birth (my first) in 1990 was very traumatic. We went to hospital when membranes ruptured, and were threatened by staff, i.e., 'if you don't check-in, we'll not help you in an emergency'. We were naive. Pitocin was started, blood pressure rose, told me to push too early. As baby was crowning I had a 90 second grand mal seizure. They pushed our tiny boy backwards through the birth canal and he was born emergency c-section. Initial apgar tests were very low. He was breastfed exclusively for 6 months and continued until 13 months. He was a happy little boy with a lot of little quirks. At age 7 he was diagnosed with Tourette Syndrome and ADD.

He struggled through his school years with insecurities, ticks and sleep issues. Regrettably we tried a low dose (25% of recommended for weight) of Luvox when he mentioned (in adolescence) that 'sometimes I hate myself for having this that I wish I was dead'. Thank God he had the insight to wean himself as he became a teen. As he grew, he became more angry and told us he felt as though he couldn't get a breath. He tried weight training, but said he felt as though his body couldn't get oxygen. We tried dietary changes, chiropractic, acupuncture, bio-feedback, all with some benefit but not enough. At age 20, we relocated as a family to return to care for our elders. It's nothing short of a miracle that we found a homeopathic dentist just 8 miles away. Dr. John Laughlin at Health Centered Dentistry in River Falls, WI, has healed our young man, now 23. He's a kind, gentle and knowledgeable healer and we're so grateful to have him in our lives!

Parents - don't stop searching for the truth regarding your children and don't fall into the trap of pharmaceuticals. There is help out there. The doctor has also told me - 'we need to talk about your tongue'. I am learning more about my own behaviors after reading this article. Never too late to be the best we can be!

Posted On 04/07/2013

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## carol\_vstoep

Dr. Laughlin is wonderful! I'm glad to hear this story and thanks for sharing. Dr. Laughlin also was part of my learning curve. Interestingly, there are links on my site to Brenden Steck's work with TMJ. A major nerve (trigeminal) involved in some movement disorders like Tourette's runs through the jaw joint. When a carefully fitted appliance is placed and worn to relieve pressure on this nerve, symptoms are relieved or eliminated. This can include movement disorders for which traditional MDs just scratch their heads. One never knows how a collapsed bite/compressed jaw joint will play out in a person. Sometimes, very little. Other times, it is catastrophic. Proper facial development, correct orthodontics when needed, and taking care of one's teeth in other ways to maintain oral structures is serious.

In this way, with the slight tolerances dentists work with in the mouth, especially the biting surfaces as related to the jaw joint, dentists can be considered as being involved in neurology.

Posted On 04/07/2013

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## Jillelsa

I suggest Core Distortion Release which is part of Structural Energetic Therapy and can be performed in minutes. I don't care for myofascial work myself, either to give or receive, so I did further work on myself with Jin Shin Juytsu, an uninvasive and deceptively simple method with fascinating results which may be performed on yourself. Both can be found online. Core Distortion Release and SET work therapists are listed on the home site as are JSJ therapists on their home site.

I performed the work to straighten my own neck with Jin Shin Juytsu in a few minutes because myofascial work did not hold and am a testimony to the results. Sorry I don't have before and after pics, but I am thrilled every time I see my new self in the mirror. Looking back, I have had structural problems most of my life probably causing and certainly exacerbated by falling down stairs at two and leading to further problems. The Core Distortion Release is fabulous but needs to be done by a qualified practitioner. The Jin Shin Juytsu may be learned, even self-taught to marvelous degree, and most of it self-performed.

Posted On 04/07/2013

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**balash**

I always love it when I'm pointed in a direction I haven't seen before!

Posted On 04/07/2013

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**RobertSniadach**

Excellent comment. Always great to see the wisdom of self-help being advocated. There are millions of "therapies" and drugs... the permanent answer almost always lives in self-awareness and self-help.

Posted On 04/07/2013

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**carol\_vstoep**

I need to clarify for readers, that orofacial myofunctional therapy (OMT) is not myofascial release therapy. Myofascial release can be used in conjunction with OMT, just as chiropractics and other body work can including the structural energetic work mentioned, but it is not at all the same. Having correct oral posture and muscles working in concert as they should helps all postural work. For instance, one of my clients just had his tongue tie release and even though he is not one of my most compliant patients, his chiropractic adjustments hold much longer and he is far more comfortable in his neck and shoulders. I like that all these techniques enhance each other and I appreciate the work Jillelsa does!

Posted On 04/07/2013

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## VonSchneider

Remember having this question the last time this topic posted. You want your tongue to rest behind the first ridge on the roof of your mouth. The first ridge next to my teeth? Or the first ridge I feel closest to my throat? Assuming it's the ridge by your teeth, otherwise would have to work too hard to retrain, Would be awkward to have my tongue that far back I think.

Posted On 04/07/2013

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## Edith\_Gaylord

I used to have a clicking jaw, clenched my teeth at night, often woke up with a stiff neck, sometimes woke up with a headache and a sore jaw, and even had bouts of snoring. I tried bite guards, facial exercises and special pillows. None of these solved my problems. Quite by accident I discovered the cure...which is simple and free.

I sleep on my right side and occasionally I wake up on my left side. I cannot sleep on my back or stomach. When I fall asleep, I make sure the part of my face that's supported by the pillow is from my nose and up. That means, my jaw is unsupported and relaxed. Surprisingly, this does not result in my mouth hanging open while I sleep and does not result in snoring (or drooling).

What this does is allow my jaw to find its own comfortable position instead of being pushed into some preordained position caused by my pillow. I also purposefully angle my head downward, pushing my chin toward my chest. It's not an exaggerated move, but it certainly doesn't allow my head to flop back toward my neck.

That's my cure. By allowing your jaw to not be confined to the area of a pillow, it can assume its most comfortable position. And it does. I accidentally discovered this about 20 years ago and haven't had a jaw click or stiff neck or any of the other issues since then. Because this position results in magnificent, restful sleep, I'm awakened when I'm not in that position. To me, that means I've found the optimum sleeping position, and my body will wake me up when I'm not doing it right.

Maybe this will work for others who've tried everything else but not found relief.

Posted On 04/08/2013

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## **karenfrothinger**

This was a fabulous article on orofacial-myofunctional-therapy ... I almost did not read it because my email blurb heading only referred to 'plastic surgery alternative'. Please resend (in a few weeks?) under another heading, such as: 40-80% of POPULATION NOT BREATHING/SLEEPING ADEQUATELY; LEADS TO ADD, SLEEP DISORDERS, LEARNING CHALLENGES, etc.

Posted On 04/08/2013

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## **RODCAMERON427**

Correction: Daffy Duck had the lisp and his common phrase was, "suffering succotash". Donald Duck had a more constricted-throat sounding voice.

Posted On 04/07/2013

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## **monabelcher**

Thank you for this terrific article. I can't wait to get started, hubby too.

Posted On 04/07/2013

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## **8taj30**

I think that dentists should routinely screen all their patients for proper positioning, especially children and those with obvious problems like TMJ. I've had mild TMJ symptoms on and off for 15 years that my dentist was aware of and all he recommended was a mouth guard. Last year when I delved into my teeth clenching problem on my own, I learned that I swallowed incorrectly, was supposed to keep my tongue on the roof of my mouth at all times, and that sleeping on my back with a cervical pillow really helped align my jaw at night. WHY DON'T DENTISTS SCREEN FOR THIS STUFF?!

Posted On 04/07/2013

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## **balash**

The Dental Association is outdated in a lot of its practices. They put toxic mercury and BPA into the mouths of children. The mercury (not silver) is toxic before it goes in the tooth, then by magic it becomes safe while in the tooth, then at death the mercury becomes toxic again. They also perform root canals that destroy health and immunity.

Posted On 04/07/2013

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## **carol\_vstoep**

It takes awareness. Yes, they all absolutely should. It takes awhile to get information out, and then there has to be the willingness to listen. While biological compatibility of dental materials is going to take more time, this particular subject is about to explode into everyone's awareness. Apnea docs and universities are quickly coming on line. While it may take us quite some time to catch up to Brazil, Joy and her son Mark's tireless work is going to come to fruition soon.

I try to build awareness amongst the general population with my book so they can learn and ask for what they want from their dental professionals. It is working, but everyone has to be active and responsible! That's how change, however glacial, happens.

Posted On 04/07/2013

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## **PeggiR**

Unfortunately not all dentists are aware. Thank you so much to Dr. Mercola for helping to educate the masses!!

Posted On 04/07/2013

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RH Barrett was a pioneer in developing therapy to correct a reverse swallow. Fortunately, I lived in the same city as he, so I was able to get therapy from him. The only thing I remember about the therapy is that after a few sessions, I was instructed to place a small round rubber band in the roof of my mouth and hold it there with the tip of my tongue all night. I never lost it. After that, he had me retrain the back part of my tongue so that all of my tongue rests against the roof of my mouth.

Reverse swallow develops because of bottle feeding. The nipple allows the milk to flow too fast, and the baby's tongue learns to thrust forward to prevent choking. The result is that the fluid tends to move toward the mouth instead of down the throat. The tip of the tongue pushes against the upper teeth instead of the roof of the mouth, and this tends to cause "buck teeth". Correcting the reverse swallow is vital when correcting the overbite. As a result of what they learned, the Nuk nipple was developed. It is shaped like the mother's nipple is shaped when it is in the baby's mouth, and it has a tinier opening. Nuk pacifiers were also developed. I do not believe in pacifiers and never used them. Our children had virtually no dental problems growing up because I breastfed all of them, including the two adopted ones. Since that time, other manufacturers have duplicated the Nuk shape, and these are now widely available, but unfortunately, so are the detrimental nipples.

Posted On 04/07/2013

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## LittleBrightFeather

This is good for those who have teeth and a nose they CAN breathe through. I have no back chewing teeth and have to swallow most things whole - I know it's not good but it's either that or baby food. Ugh ! And as a child I had a butcher take out my huge adenoids and tonsils. It was a terrible experience ! I was awake though some of it and felt it and watch it happen to me. I was on like an assembly line of kids all there for the same thing. It was not a hospital.

Polyyps grew back quickly and I cannot breathe through my nose my whole life. I'm 68 now. Can't afford to get teeth. On very low Soc Sec. Most things are too hard to eat as all I have are my front teeth to chop things up a bit and it's making those teeth buck out. So most things have to be liquid. And not many companies make soft foods or even soft cookies or food bars. What I miss the most is my favorite snack I can no longer for years now eat since I have no way to chew - and that is walnuts. I love walnuts but can't have them since my chewing teeth have been removed some 7 years ago now.. No one ever thinks about people who cant chew when they make foods.

Posted On 04/07/2013

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### pgoltz

Try crushing walnuts and then eating them. It should work.

Posted On 04/07/2013

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### gingsong

Blender.

Posted On 04/07/2013

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## Pat 444

Put the walnuts in a blender and blend sufficient quantity for three days. Put them in the fridge, and have them every day a little quantity of it.

Posted On 04/07/2013

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## BillieBob

Put a cup or two of walnuts in a food processor and let it run until you have walnut butter. I don't know if this will work with raw walnuts but it certainly will if they are roasted. Add a little salt for an exceptional flavor.

I buy the raw walnuts at Sam's and roast them in my toaster oven. You just have to experiment with the time. I keep my oven set on 'Toast' and set the timer at 4 1/2. At this setting, I can simply walk away because the walnuts will continue roasting after the heat shuts off but they will not over-roast. I roast the walnuts in the little square pan that came with the oven.

Of course, they can be roasted in a conventional oven - you can't just walk away though unless your oven has a timer that works. At any rate, you will have to experiment with the temperatures and times to give you the level of roasting that you desire.

The idea is that I can simply set the oven and forget it. I can go about other things and when the oven is cool I can remove the roasted walnuts to do with what I wish.

I hope this helps.

Posted On 04/08/2013

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## **sonny08**

Save until you can buy a Nutribullet should be able to buy one from a local kohls store using a discount code. final price around \$80.00

you can then make delicious smoothies out of anything. the bullet will grind anything and I mean anything

get a nutribullet as soon as you can

Posted On 04/11/2013

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## **PureVision**

Dr Mercola, you are always on the cutting edge. I am interested in the comment about people wearing retainers after having braces and their teeth move. This can be caused by the bones of the face shrinking. While we may lift weights to keep our bones strong, we don't do much for our faces. Deborah Crowley has a program called Flex Effect where she addresses resistance training, jolting, cross stretching of the face. She is a former competitive body builder and realized you could also build your face. Basically, your face gets no resistance and bone loss results. This is why your nose tends to get larger as you age. Facebuilding is enough to slow bone loss in the face. In a nutshell, start pushing on your jaws, face, skull with your hands for resistance.

Posted On 04/07/2013

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## carol\_vstoep

The tongue + other facial muscles put light pressures on facial bones helping them remodel, just as happens during orthodontics – I believe that is what you are saying. When understanding how the nose appears larger as one ages, consider this, courtesy of a lecture of Dr. Mark Mew's (brackets are editorial comment): "As the face lengthens [due to mouth breathing], the top jaw drops down and back [causing a recessive jaw, often associated with apnea because there is then less tongue room]."

The nasal septum does not usually travel back with it at first. The nose begins to look comparatively larger. Is the nose large, or does it just look like that because as the upper jaw moves down and back, the nose stays in place? Eventually the nose does drop down, causing the typical hook appearance. It leaves a classical deviant septum. As the palatal [roof of the mouth] width decreases, the nasal width also decreases. If one could increase nasal width to even half the width of our ancestors, we wouldn't get nasal obstructions." One of the most critical of Joy's comments is that mouth breathing does lengthen the face. It narrows the width and shortens the length of the lower jaw leaving less room for teeth and tongue, and causing orthodontic crowding.

For this + more information with accompanying images, one can join my mailing list (rare newsletters) and receive "How Awareness & Myofunctional Therapy Can Help Prevent Or Solve General Health Concerns & Enhance Appearance" Reviews a few influences over facial development, thumb sucking, mouth breathing, dystrophic growth and so on. Also discussed in "Mouth Matters". An extensive podcast about how mouth breathing affects most aspects of health via CO2/O2 ratios and facial growth is available here: [oneradionetwork.com/dental-healing/special-2-5-hour-show-carol-vander-..](http://oneradionetwork.com/dental-healing/special-2-5-hour-show-carol-vander-..)

Posted On 04/07/2013

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## pgoltz

The nose DOES grow as you age. I saw it in my mother in particular, and it was rather striking. She had a small nose when I was growing up, but now her nose looks a lot more like mine. It is definitely PHYSICALLY longer. It doesn't just look that way.

Posted On 04/07/2013

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## peripheralvisionary

I've heard that the nose and ears become larger as we age because UV exposure over the years causes the cartilage to lose elasticity so it stretches and sags.

Posted On 04/07/2013

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## Alwaysagoodday

I had two upper and two lower teeth pulled as a child and then braces to push everything in place. It seems that my tongue has never fit well in my mouth and often pushes against my teeth. I have at times what I think is TMJ, intense pain radiates through the front of my chest, but, I've learned to either lay down or reset my mouth and away it goes. Most annoying. Perhaps working at different placement of my tongue will help. Thanks Dr. M! Will look into this a little further for myself.

Posted On 04/07/2013

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## lovevitamins

You can go to <http://doctorstevenpark.com/> and listen to Joy Moeller give an expert interview to Dr. Steven Park, ENT. Go to the left side of the website, go to expert interviews, click on "past events" and she's approx. the 40th one down. The interview is from May 10, 2011. The interview is 1-1/2 hrs. long. There's also an expert interview on Buteyko Breathing with Patrick McKeown on the expert interview list, as well as free expert interviews with sleep apnea experts in many areas.

Joy Moeller's interview with Dr. Park is excellent and I highly recommend it if you are interested in this method. Thanks to Dr. Mercola for recommending her on his website. Dr. Mercola summed it up precisely in his last paragraph of today's article. If you can't breathe and sleep well, everything else you do to improve your health will probably not work well.

Posted On 04/07/2013

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## enjonn

Has Joel Fuhman, MD and nutritionist, been learning about proper chewing? Dr Fuhman mentioned people chew their food 15 times and he recommended 10 extra chews. I bought a food blender/juicer that makes great smoothies. But these smoothies skip the very first step: mix with digestive enzymes in the saliva for truly good digestion. Regardless of fancy talk on TV, keep in mind that these machines are food processors and food processing generally works against your health.

Posted On 04/07/2013

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## gingsong

When I am making a smoothie I go through the chewing motions like chewing gum to get the mouth and stomach juices flowing.

Posted On 04/07/2013

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## livrelah

I read about this therapy YEARS ago in a readers digest one day while sitting in the doctors office. I had sever TMJ at the time and the article was titled "How to cure TMJ Naturally" or something close to that. I read the article and it talked about holding your tongue at the top of or mouth while you sleep. Learning this trick alone, helped me completely stop grinding my teeth at night and virtually cured my TMJ. It has been over 15 years and I still have no grinding or TMJ!

Posted On 04/07/2013

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## VonSchneider

Thanks for the info. I see by the comments some folks don't see the importance. Tons of people have the problems you have list, maybe just no comments. [crohnsboy.blogspot.com/2013/02/chrohns-end-awareness-project.html](http://crohnsboy.blogspot.com/2013/02/chrohns-end-awareness-project.html) Crohn's boy is supporting GAPS. [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 02/01/2013

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## pomegranatelover

fascinating, thank you.

Posted On 07/13/2014

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## etoegolf

Please take note that all these therapies cost money. I did the Buteyko practitioners course in UK not with Patrick McKeown. I did not find it of benefit to me I have asthma in fact I got worse when I did the Buyteyko breathing. I just could not understand it. A lot of problems are caused by inherited tendency to allergy. You cannot remove all allergens from the home eg HDMs are everywhere. It is by increasing the nitric oxide that you make the airways relax - what the Buteyko method of breathing aims to do. I take l-arginine and that is supposed to help with the nitric oxide relaxing and opening up all 'tubes' in the body. I am conscious all the time the way I breath anyway. You can get the lessons on Buteyko on you tube and books on the subject with exercises. I did and learned the breathing method before doing the practitioners course.

Posted On 11/24/2013

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## **tangokitkat**

So glad to have read this article! I suffer from mild sleep apnea so sleep on my side, grind my teeth while sleeping , had teeth removed as age 9 for overcrowding of the jaw, and have suffered from allergies and TMJ all my life. All because I was put onto goats milk at a young age ( because breastmilk made me sick). Interesting! There is one myofunctional therapist in New Zealand so I wil try to see her next time I am in her area. Thanks again for this information, Catherine

Posted On 06/02/2013

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## **Dositheos**

Apparently not available in Texas?

Posted On 04/14/2013

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## **healthsecrets1**

I have been observing the position of my tongue when I happen to wake up at night and it definitely was not against the roof of my mouth and my mouth is also inclined to open. I have now started using a soft neck support at night and it is helping to keep my jaw in a better place with my tongue in the correct position. Can anyone with experience please comment.

Posted On 04/09/2013

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## **carol\_vstoep**

Myofunctional therapy addresses night time posture several months into the designed program. And I believe Joy mentioned Buteyko breathing and taping. By the way, I just responded to your question about dentures and meridians on the "top rated" page.

Posted On 04/09/2013

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## veronica\_3

Joy, Peggy or Carol :: Wow. I read this article and am surprised that all these issues I deal with may be connected! I have allergies, TMJ, mouth breathing, diminished hearing, Head forward posture from computer job, tonsils removed at age 5 and recently a chronic infection in my sinus, tooth and glands of my right side. My question is: When I try to practice the tongue-on-the-palette breathing, I cannot breath (or am severely limited)! What should I do? Could these exercises really help me if I can't even do the first step? Since childhood, my biggest culprit is Allergy and though I employ many conventions to manage it, I still struggle to breath. In general my right nostril works at best 80% the left at best is 20% open- never 100% on either side. Allergy season is the worst time for me - nearly constant blockage about 6 months of the year. My allergist once told me I was the "most allergic person" he had ever had in his office (seasonal, environmental, foods). How can someone like me with such an allergy/breathing issue, ever hope to breath through my mouth regularly? Can Myofunctional therapy help me? I am so tired of not sleeping well during allergy season, waking up with a "desert mouth", dragon breath, and dark eye circles to show for it! Any help would be a great relief. (P.S. my bed is already raised by 4" at the head and I have very limited dairy intake, I do not have tongue thrust issues with my teeth - just gum recession from dry mouth.)

Posted On 04/08/2013

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## PeggiR

Myofunctional therapy is certainly something that can help with the after effects of chronic long term mouth breathing. As I said in my other post, it may not be the ONLY thing that will help but it certainly has a place! I would also recommend seeking out a Buteyko breathing specialist. When the nose is not used for a significant period of time it sort of goes on strike. The entire internal structure of the nose can be altered by non-use thus making it very difficult to even TRY to breathe from your nose. Hope this information helps!

Posted On 04/08/2013

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## **CCHELESS**

She does NOT acknowledge the connective tissue bodyworker community who are doing this functional posture work for years, ie Structural Integration/Rolfing, Anatomy Trains, Hellerwork, and all the other connective tissue modalities. BUT it's good that the word is getting "out there" for other "alternative (natural)" therapies that can help people.

Posted On 04/08/2013

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## **PeggiR**

She does not acknowledge these things because they are completely different and serve different purposes. It was not meant as any sort of slight :)

Posted On 04/08/2013

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## **CCHELESS**

Hmmm...maybe, but Myofacial Therapy for the body (modalities list above and even more not mentioned) has been around forever!

Posted On 04/09/2013

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## PeggiR

One of the things I love most about myofunctional therapy is that it employs a critical thinking modality. Many times different practitioners will look at a problem in front of them and address that only while the bigger picture is lost. Case in point is the removal of tonsils and adenoids in children. If the tonsils and adenoids are inflamed and causing problems it's because they are doing their job! Tonsils are the main part of a child's immune system and thus the removal leaves them with an incomplete immune system. If you find out the CAUSE of the inflammation i.e. allergies etc, and address that, the tonsils will shrink on their own. Myofunctional therapy may not be the ONLY thing that will work for you, but it is non-invasive and sure is a great place to start!

Posted On 04/08/2013

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## ezra34

I would also find a competent chiropractor to free up any fixations in the c/spine and TM J....this also reminds me of the value of Functional Training by Eric Goodman DC.....as a naturopath/chiropractor I'm always amazed (no longer surprised) at how often the resource of DC's is so often unmentioned and untried...I appreciate the good things Dr. M has had to say in the past about chiropractic...as a rule chiro's have preserved the tenants of natural medicine more than any other field of medicine for the last 100+ears

Posted On 04/08/2013

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## marinadelune

Wow! I have sleep apnea, TMJ, long face syndrome which has been making me appear quite unattractive, and an extraordinarily high palate. I can't afford plastic surgery and I know myself well enough that I am sure I could never tolerate CPAP therapy. Thank-you, thank-you, thank-you, Dr. Mercola! This is what I have been looking for! Marina Delune

Posted On 04/08/2013

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## PeggiR

I'm so happy this information made it to you!! If you go to the AOMT website [www.myoacademy.net](http://www.myoacademy.net) there is a link to find a therapist in your area! If there is no one, it can be done via Skype. I trained with Joy and she is marvelous! Personally, I practice in Arizona, not sure where you are but I'd love to help in any way I can!

Posted On 04/08/2013

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## mr.mister\_1

Lack of exercise of mouth was attributed by doctor of dental sleep medicine from baby's not breast feeding to develop mouth muscles, so later when having dental operation to open mouth, the mouth muscles have some weakness atrophy

Posted On 04/08/2013

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## lindalonia

In the video Dr. Mercola suggests using a wool comforter to avoid dust mites. It is probably better to use cotton duvet covers that are washed and changed often rather than introducing food for *Tineola bisselliella* (webbing clothing moth) that feeds on wool. For 25 years we lived in our home with wool carpeting, wool upholstered furniture, wool everything with no problem. But last spring we discovered a clothing moth infestation. These tiny, barely visible bugs are not like the moths you see flying around in warm weather that are attracted to light. They look like a speck of lint, or a splinter. They are not good fliers, are difficult to see, and are not attracted to light. They are the worst pest, impossible to get rid of because they lay hundreds of invisible eggs (moth balls are now known carcinogens).

Posted On 04/07/2013

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**marchon**

Thank you for this article! I'm completely fascinated by it and will continue to study it.

Posted On 04/07/2013

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**PeggiR**

There are many, many articles of research coming out of Brazil currently. There are some great articles on the AOMT website [www.myoacademy.net](http://www.myoacademy.net)

Posted On 04/08/2013

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**simon68**

I understand that using a pacifier with babies and toddlers can lead to a wrong resting position for the tongue but a major positive benefit has to be they are forced to nose breathe which then becomes a habit after they quit the pacifier.

I wonder what the effects of swimming hours of laps in the pool has. Accepted beathing technique these days seems to be in through the mouth and out through the nose underwater.

Posted On 04/07/2013

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**carol\_vstoep**

Asthmatics often respond well to swimming because it is one way to reduce breathing. CO2 builds up via the activity of the muscles and the decreased breathing.

Posted On 04/07/2013

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## **PeggiR**

Pacifiers can be a double edged sword in that aspect by solving one problem and creating another. It is not a crime to give a baby a pacifier :) The principles in myofunctional therapy discuss intensity and duration so occasional pacifier use isn't going to ruin your child, however if there are teeth present, it is highly discouraged. With regard to your other question, breathing techniques used in swimming are effective for that purpose; when being a land lover, breathing through the nose is encouraged :)

Posted On 04/08/2013

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## **junieb**

The AAPMD website didn't bring up any practitioners for California.

Posted On 04/07/2013

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## **PeggiR**

Refer to [www.myoacademy.net](http://www.myoacademy.net) to find a therapist in your area. Best of luck!

Posted On 04/07/2013

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## **puggirl415**

I'm just rereading this article. Hopefully you found someone by now:) I'm in Northern CA bay area and I am starting with Virginia Downing of Oakland CA. She studied under Joy Moeller. Good luck!

Posted On 11/05/2014

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## healthsecrets1

I am surprised that nobody so far mentioned how wearing dentures may compound the problems under discussion. How does the fact that upper dentures cover that part of the roof of your mouth where the tongue is supposed to be resting effect the position of the tongue. When doing brain gym (educational kinesiology) we had to do an exercise called Cook's hook-ups. In this exercise we had to hold the tip of the tongue behind the front teeth on the hard palate so as to make a certain connection, I forget which, I think to the lymbic system. Now when I want to do the exercise I have to take my dentures out but I can't help wondering about the overall effect of dentures on health. I still have my front teeth and wear partial dentures, top and bottom.

Posted On 04/07/2013

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## carol\_vstoep

Wearing a denture or a partial, one should still keep the tongue up in the same position.

However you make a good point. When the tongue isn't in actual contact with the palate, it doesn't complete an important meridian circuit, recognized in yoga and Qi Gong, etc. "An extraordinary meridian includes the Ren (Conception) and Du (Governing) meridians. These dominate the body's Yin and Yang. The Ren meridian travels along the front midline of your body and supplies the 6 Yin meridians. The Du meridian travels along the spine and supplies the 6 Yang meridians. When we activate and connect the Ren and Du meridians, we create an internal circuit for these powerful energies to flow in our body." In fact, several of the benefits are not realized.

Currently I am still wearing an expander which covers my palate. Not only does some metal cross the midline, not terribly acceptable to some who think it blocks certain meridians, but I can't get tongue-to-palate contact. For this reason, I take it out as long as acceptable to still attain the results I need and yes, it feels good to get that tongue back in contact! I made the choice that it was better to create more tongue room in my mouth, knowing I would have some short term compromises to make. Always compromises and risk/benefits to ascertain and choose between.

Posted On 04/09/2013

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## Laurali2

Facial exercises have been promoted by various persons such as Jack LaLanne and Carol Maggio. The deeper therapeutic effects are undeniable. Good article.

Posted On 04/07/2013

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## lovevitamins

Dr. Steven Park, ENT & Board Certified Sleep Doctor had Joy Moeller on his bi-weekly teleconference call a couple of years ago. He probably has an archived call on his website you can listen for free. Anyway, I'm pretty sure she said in the call if you can't see the back of your airway when you open your mouth (your tongue blocks it) then she has you go to an ENT because she can't help you via tongue exercises.

I'm one that when I open my mouth my airway is just about blocked all the way by my tongue. If you go to an ENT for an analysis of your airway they will tell you where your tongue falls on the scale of blocking your airway. If you are a 4 or 5 then this technique may not be beneficial. That's why I didn't pursue myofasciology. If you don't have that problem then she could help you. There's a lot of good take-away information that she gives in general.

My sleep doctor (pulmonologist) and Dr. Park (I've had 3 Skype calls with him) have both very firmly told me I cannot sleep on my back because my tongue falls back continuously. So I don't know why she suggests back sleeping when it affects a lot of snorers negatively. I actually have macroglossia which is a large tongue, and my tongue is scalloped on the sides indicating it is too big for my mandible. 89% of people with scalloped tongues have sleep apnea.

Posted On 04/07/2013

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## PeggiR

I think that there was possibly some miscommunication somewhere. Perhaps you might revisit the possibilities. I recently became certified through Joy and the AOMT and this is something that was discussed. I encourage you to check it out again. Best of luck!

Posted On 04/07/2013

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## lovevitamins

Sorry - I was mistaken regarding the expert interview Joy had with Dr. Park. I listened to the interview again and she did not say she could not help people who had a high Mallampati or Friedman score. She's able to help your airway even if your tongue is majorly blocking it. Good news for all!! I had gotten Joy's interview confused with another expert interview on Dr. Park's website which was "Tongue Exercises for Sleep Apnea: Expert Interview with Janet Bennett," who indicated she refers people with a high Mallampati/Friedman score to an ENT. Janet Bennett is not a myofasciologist. My bad! Sorry.

Posted On 04/07/2013

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## LisafromPortland

GREAT video! This is very exciting. I think of so many people in my life (including myself) who need this. Also, I think this could have profound implications for kids and adults on the autism spectrum. UNFORTUNATELY, her contact link is broken on her website!!

Posted On 04/07/2013

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## carol\_vstoep

Joy is correct. She pegs 40-80% of the U.S. population could use OMT. As her son Mark, says as she introduces her courses and knows participants will start to notice it all over the place, "Welcome to my pain!" My daughter, after watching her favorite show, "Les Miserables" commented how many of the actors are mouth breathers, even when not singing! Often she points out the incorrect postures as we go about our daily lives and certainly notices it in many of her band mates. She is listening...

Joy's particular link may be broken today, but here is the link to her database of practitioners and she of course is listed as well: [www.myoacademy.net/myofunctional-therapist](http://www.myoacademy.net/myofunctional-therapist)

Posted On 04/07/2013

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## **PeggiR**

Please refer to the AOMT website. Joys info can be found there as well as the ability to find a therapist in your area. :). The website is [www.myoacademy.com](http://www.myoacademy.com)

Posted On 04/07/2013

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## **LisafromPortland**

Thx for the replies giving contact info! Wonderful.

Posted On 04/08/2013

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## **BsotedOgre**

The bacteria in your mouth DO NOT NEED AIR. At least if my dentist is right. They are anaerobes, and oxygen will kill them. This is

Posted On 04/07/2013

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## **carol\_vstoep**

As with the gut, in the mouth there are beneficial bacteria and pathogens. We want the good ones, the aerobic bacteria. The anaerobes are generally associated with gum disease and are found in the crevices between the tooth and gum. The more bone loss and deeper the pocket, the more and more virulent the anaerobes. One reason I talked about ozonated oils to help restore balance and raise the pH to make the environment better for the beneficials in my interview with Dr. Mercola. A dry mouth (mouth breathing) is going to have an acid pH and be deficient in minerals important to oral health. A dry, acidic mouth is prone to gum disease and cavities. There is always air in the mouth. But as one dives beneath the gums, no.

Posted On 04/07/2013

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I can really relate to this problem in other people I have encountered, and look at you, Dr. Mercola sitting much straighter than I have ever seen you in on line interviews. The proper Sphenoid Bone function or placement in itself is somewhat amazing in itself in Cranial Therapy. Nancy Emory-Hall, LMP-C

Posted On 04/07/2013

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### **carol\_vstoep**

Great observation. He is using a chair that is conducive to good posture AND he is thinking about it as well as having the oral posture that helps. Some chair designs, while lovely to look at, are not conducive to good back posture. I see this all the time on television. Hosts must perch on stools or armrests are too low. To use them, the body has to slouch unless one is very short!

Posted On 04/07/2013

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### **asmoll**

Excellent information! I have a question regarding pregnancy. We'll be starting to try and conceive in a couple of months and I know as the baby gets bigger, pregnant women sleep on their sides. Is it ok to sleep on your side during pregnancy?

Posted On 04/07/2013

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### **PeggiR**

I would defer to you obstetrician for that one. I do know that one side is better than the other but I don't remember which. One of Joy's principles is intensity and duration. Don't worry that sleeping on your sides during pregnancy will adversely affect your mouth or tongue. You'll have enough to worry about just trying to get comfortable ;) Best of luck and baby dust!

Posted On 04/07/2013

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## **katespring**

Take a look at this guy, hum, Jack Lalanne. Not anything new. It's silly, but by no means unknown.

[www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 04/07/2013

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## **carol\_vstoep**

But of course, exercising the face in this way as Jack Lalanne shows and facial yoga, etc. is not at all what orofacial myofunctional therapy is about. I mention this to make sure no one is confused about the differences.

Posted On 04/07/2013

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## **Woodcarver**

Fascinating article! I am guilty of many of these symptoms, and I find that I have to work on nasal breathing and correct posture. I did an EFT session on this--mouth breathing--and found myself being much more aware of the need to keep my mouth closed. As they say, try it on everything!

Posted On 04/07/2013

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## **EdDo**

I thought I'd reply to your post because when you said, "being much more aware of the need to keep my mouth closed" it struck a chord. I think it's a reflection on our society that we feel the need to be constantly "on". I get so mad at myself when someone else is talking and I interrupt them or talk over them. I need to learn how to keep my mouth closed in more ways than just breathing!

Posted On 04/07/2013

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## fictionwriter

Great information, but I couldn't find the 3 things to do right now; all I saw was more information about why the therapy is needed...did I miss it?

Posted On 04/07/2013

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## joymoeller

Sleep on your back if possible. If you cannot because of sleep disorders, then raise the headboard 5 inches. Rest your tongue up. Breathe through your nose or develop a lip seal Bite your teeth when you swallow

Posted On 04/07/2013

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## Magnolia

I snore when I sleep on my back. We have tried raising the bed, propping me up but that does not stop the snoring nor does it keep me from opening my mouth. I am a mouth breather at night and frequently wake up with a very dry mouth during the night. For months, from February 2011 till around October of last year, I could not sleep on my side if I wanted to because of excruciating joint pain. Six doctors later, I am taking Prednisone for the inflammation, which was not only in all but two of my joints but in my organ systems as well.

And before anyone offers any advice on natural cures, understand that I have tried EVERYTHING before I allowed the doctor to prescribe a steroid drug. I tried every anti-inflammatory herb, alkalyn water, homeopathics, what exercise I could manage, which was basically walking from the bed to the bathroom and back. I sleep with a partner who gets no sleep when I am snoring. Sleeping on my side prevents the snoring, so most of the night I take turns sleeping on one side or the other, and sometimes on my back until he starts poking me and telling me I am snoring. My tongue position is correct during the day, I chew my food slowly and carefully, and swallow correctly. I feel there is no hope for my snoring. It is what it is.

Posted On 04/07/2013

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## **njlady**

Hi, I have fibromyalgia and I am gluten free, but I have recently gone to a low oxalate diet..oxalates are toxins that are in many healthy foods such as almonds, beets, beans, green veggies and chocolate, all of which I ate plenty of...most people easily get rid of the oxalates by way of calcium, but some of us can't, so the sharp oxalates get stored in our tissues and organs causing pain and inflammation..oxalates are involved in many disorders such as kidney and bladder stones, autism, and many pain disorders. You can go online and google low oxalates and get information..the science is pretty new on this and most MDs don't really know much about it except maybe urologists.

Posted On 04/07/2013

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## **VonSchneider**

Are you asking for suggestions? You tried everything. But even what you're doing now doesn't work. It is what it is. You're just saying?

Posted On 04/07/2013

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## **forbiddenhealing**

Magnolia...Instead of regenerating during sleep, that lack of oxygen is a cause of systemic inflammation. That inflammation can be addressed with megadose Vitamin C/baking soda or hydrogen peroxide or both alternatively...attention to diet, detoxing and stress relief. Inflammation is a numbers game, overcome oxidative stress with overwhelming oxygen/electron inputs and raise metabolic electron production....while reducing charge bandits like bad fats, sugars, metals, toxins and fear/worry. There are also chin straps, dental appliances, c-pap/bi-pap solutions that beat slow death. Orofacial techniques, cervical adjustments or sleep studies should be considered by roid-docs that couldn't diagnose rain in a thunderstorm.

Posted On 04/07/2013

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## Reverend Alan

Hello Magnolia, man 'o man can I relate to what you are saying! In addition to all that you have mentioned I now have diabeter type 2, high blood pressure and I have gained 25 pounds each year for the last four years. I am now 100 pounds overweight. I hurt all over and wake up at night rubbing my muscles because of the pain, I break out in sweats and then I am freezing cold. I snore so loud that we had to sound proof a wall in my house. When I woke up in the morning I spend the first 4 hours waiting for the nausea to go away enough that I could cook a meal before fatigue set in and I need to rest.

I have paid very careful attention to everything I read here at Dr. Mercola's site. About a month ago someone told me that they had sleep apnea and they had a breathing machine and it made all the difference in the world. I asked my doc if I could be tested and I came away with a test score of 90 and they said 60 was life threatening. So in the last two weeks I have been a little breathing mask that comfortably fits over my nose and blows warm moist air into my nostrils all night long.

I feel like this has been a miracle. I have lost 7 lbs and my diabetic blood sugar readings keep dropping and my blood pressure readings no longer have my doctor telling me I am not taking care of myself because I am not taking 5 prescription drugs.

My right arm still goes numb if I lay on my left side, but not nearly as bad as before the breathing machine. I most all the muscle pain is gone at least 90% gone. Instead of going to the bathroom every 45 minutes all night long mostly I can go 4-6 hours of deep restful uninterrupted sleep.

Because of going to the bathroom so much because of the diabetes I am dehydrated and I developed a blocked saliva duct which the doc tells me to drink lots and lots of water. I do put a sugar free cough drop in my mouth to help keep the saliva flowing and if not I do wake up with a bone dry mouth. I am out of characters...

Posted On 04/07/2013

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## versatile

Thanks Dr Mercola for presenting this information. I'm always pleased to see health increasing techniques used instead of drugs and surgery - more please when these techniques produce longer lasting results with other 'benefit effects' instead of the 'side effects' we so commonly see in medicine. Every dentist should be aware of this - they are uniquely positioned to notice problems early. If only every dentist had a myofacial therapist on their 'we recommend list'. to your health, tracy

Posted On 04/07/2013

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## Temlakos

Ever heard of the Lip Builder? It's a new device a friend of mine invented (and recently patented), to strengthen the lips. It addresses many of the issues this article mentions. (<http://www.lipbuilder.com/>)

Posted On 04/07/2013

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## PureVision

Temlakos, Lipbuilder is interesting, however, the lips featured on his site have definitely been injected with some kind of filling agent. I'm not saying the device wouldn't help people in the area we are discussing, however, I don't see anything talking about how/why he invented it, nor any photos showing before or after. He needs less lip service and more testimonials.

Posted On 04/07/2013

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## PeggiR

This may be a useful tool to myofunctional therapists! Thanks for the info!

Posted On 04/07/2013

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**barbarahudson**

WOW THIS INFORMATION IS REVOLUTIONARY!      THANK YOU DR. MERCOLA.

Posted On 04/07/2013

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**gorano**

In many yoga and pranayama postures are prescribed how to hold your tongue during the exercise. I have noticed an increased effect from inverted postures (mainly better breathing and less strain) if concentrating to push my tongue towards the upper palate while being "upside down". It would be interesting to hear the opinion from the experts in this thread if inverted postures also can enhance the effect of myofunctional therapy?

Posted On 04/07/2013

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**jswarey\_203**

This is a great article. My younger sister was born only 17 months after I was. I have believed for a long time that I was probably not breast fed long enough. I was probably fed cows milk instead. As a result I had many health problems growing up. I remember very clearly not being able to breath through my nose until my tonsils were taken out without my permission when I was four. I also had a very bad stuttering problem. I was able to overcome that as as a kid. I was a very sickly kid and didn't improve much until I grew up and was able to take charge of my own health. I still have breathing problems. I find it difficult to find a comfortable position to sleep. I also have a snoring problem. Doctors never did anything to help my health. Thanks Dr. Mercola for the article

Posted On 04/07/2013

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## **Dena1219**

Very interesting and useful info. It is the little stuff in life that always makes the biggest difference.  
Thanks Joy.

Posted On 04/07/2013

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## **hummingbirds**

wow..really interesting. Want to learn more- thank-you so much. i am a mouth breather, lip chewer and headache sufferer- and nail biter. My husband had a massive stroke 2 years ago and has severe dysarthria and compromised chew and swallow.. And i am an OT- so maybe I can help us both!. (we are in NZ).

Posted On 04/07/2013

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## **aaanaaaa**

This is all good but there is a modality called RESET which adjusts the jaw which fixes most other things. Kinergetics can adjust the body easily and. Noninvasively. Both devised by Phillip Rafferty and available in US as well as Oz and UK and many other places. You can learn it. Google it !!!

Posted On 04/07/2013

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## **PeggiR**

How will these things you mention help and "stick" if you have an unaddressed restricted frenum?

Posted On 04/07/2013

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## **aaanaaaa**

Pegg well RESET is just a very empowering way of starting out to fix alignment problems as you can train to do it yourself for little money.. It is remarkably effective. I did a balance on a new woman friend that took about 30 minutes or less - very casually- I was travelling -as she had ongoing jaw pain and she said she had no longer got the pain in the jaw she had had for 12 years and it has not returned. That was in November. I have realigned my own jaw. I am not suggesting it can cut a frenum!!!!!! But it is good to rearrange things back to where they should be and then seeing if things are still such a problem.....

Posted On 04/07/2013

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## **aaanaaaa**

Another jaw balancing modality is a lovely breathing technique called Holographic Breathing which has some free mp3s on its site for the initial technique. It is similar to a type of yoga breathing but done in a very Zen way. Run by a lovely English guy who has meditated for years.

Posted On 04/07/2013

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## **amcken3**

WOW THANKS! I was tongue tied and have been told I have TMJ and I suffer from headaches...I had to train myself to breathe out my nose....I may have to look into this! THANKS SO MUCH DR. MERCOLA! <3

Posted On 04/06/2013

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## carol\_vstoep

Tongue ties have not been taken as seriously as they should be in the U.S., but they are critical because usually, the more severe the tongue-tie, the less correct the swallow, the more impossible for the tongue to be "plastered" to the roof of the mouth, the more likely the head forward posture, etc. Often the face will be narrow because the tongue, in not living in the roof, did not stimulate stem cells along the palatal midline to help it expand laterally – and of course it could not counterbalance the other muscles push inward, such as the jaw muscles.

As Joy said, quite often there is failure to thrive because proper swallowing does not allow for enough release of the pituitary's growth hormones. The pituitary also releases various sex hormones, the thyroid hormone TSH, and an antidiuretic hormone.

It is important if you choose to have your tongue tie released, to already be working with a therapist. I like to have the client visit immediately after the release to begin moving and stretching the tongue with particular exercises while they are still numb to prevent scar tissue from helping the tongue reattach – and of course use ozonated oils and Vitamin E oil to the frenum.

Fortunately, many midwives and lactation consultants are well aware of this and thus alerting new mothers to attend to this right away. Often, this, or even a strong attachment of the upper lip disallow the baby to nurse well due to latching difficulties. There is very little blood supply or nerve tissue in the frenum - it is just vestigial embryonic tissue. I wish you the best!

Posted On 04/07/2013

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## healthyeatn

@ Carol & Joy, plastering my tongue against the roof of my mouth is so uncomfortable! It feels so unnatural. Uh-oh guess that means i'm in really bad shape. I can do it if I really concentrate but when I swallow drinks I revert back to old form. Basically I suck my fluids not swallow. Its not satisfying (to eat foods)at all for me to swallow as you say. Is this a typical complaint? Re: tongue ties - what does this mean? I thought it was when you get your words confused. Thanks...

Posted On 04/07/2013

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**carol\_vstoep**

This is a reply to healthatin. Yes, all that you say is absolutely typical of someone with a lower rest posture and dysfunctional swallow. Swallowing foods and liquids is difficult and often accompanied by what some would consider "bad manners". Typically one eats fast and don't chew well, take multiple bites to increase the size of the food bolus so they can slingshot it down backwards instead of using a passive "dump truck" swallow. This results in swallowing air and so one burps often or has reflux. A lot of food collection with the tongue is necessary to remove food from lips, outside of teeth, etc. because food-gathering is inadequate as well. This takes some time to learn, but you have made some great observations. Awareness is the first and most important part.

Yes, myofunctional therapy is about toning muscles; but the majority of it is about scrambling and eliminating old brain pathways to make way for new ones. These behaviors have to become an unconscious habit, eventually.

About the definition of tongue tie. Yes it can be about not finding one's words, but clinically, it is about retained embryonic tissue that anchors the front of the tongue. Lift your tongue and look in a mirror. Compare the vertical tissue to say, images available on my website [www.mouthmattersbook.com](http://www.mouthmattersbook.com). One can measure the distance in mm between the biting surfaces of the front teeth when the mouth is fully open, then put the tongue tip on the spot Joy describes. The mouth will have to close. How far tells you whether the frenum needs releasing or not. If one can measure half the distance, perhaps the frenum can be stretched with certain exercises. Less and it needs a release. Ideal is that one can open to 60% of what one did while fully open while the tongue is on the spot.

Posted On 04/07/2013

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**healthyeatn**

to Carol - Thank you for your quick response. Gotta get your book. This is fascinating.

Posted On 04/07/2013

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**mf**

Thanks Dr Mercola...i have been looking for something like this. I live outside the US and don't know if there is anyone available for this but glad to know people do it over skype. One question Dr. Mercola. I do have sleep apnea, am definitely not overweight but have the excess skin around the soft palate so typical of the apnea patients. I cannot tolerate the CPAP machine, so use breatherights to expand my nose breathing but have always been emphatically told to NEVER sleep on my back as it is the worst for apnea. My face shows the side sleeping sagging and as a woman i would LOVE LOVE LOVE to find a solution...almost as important as my breathing LOL... :) Can you clarify on the back sleeping for people who DO have apnea? Thanks/

Posted On 02/13/2013

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**joymoeller**

Positional sleeping is a challenging feat when you have apnea. If you can raise the headboard about 5 inches (the size of a brick) and try back sleeping with a light slant, that may help your tongue drop down and forward while taking the pressure off your jaw.

Posted On 04/07/2013

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**VonSchneider**

So did you have to have your tongue tie clipped? They offered to clip my son's tongue shortly after he was born, told me it was my preference???? Well how should I know? We didn't clip his tongue. My son complains about lack of sleep and TMJ after having his braces off. Makes more sense now, the majority of th TMJ pain happened after the braces came off, but then did improve. He plays brass instruments, this is a lot of facial muscles, lips, tongue to play. Has been much improvement with just time. I will quiz him more about this.

Posted On 02/04/2013

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Myofunctional therapists quite often see people who have had braces – sometimes twice plus jaw surgery, but they relapse due to improper orofacial postures. TMJ or other pain makes them seek us out. Quite often orthodontists in the U.S. "distalize", meaning they move structures backwards creating less space for the tongue and perhaps not creating as attractive a face. See the first two images on my newsletter ([www.mouthmattersbook.com](http://www.mouthmattersbook.com)) giveaway about MYO.

The first is a mouth breathing girl of 10 who was developing a recessive lower jaw. At 13, after myofunctional therapy, learning nasal breathing, and having "face forward" orthodontics, she is stunning. (Dr. Mew's generously-shared work, but Dr. Hang also has a great website devoted to this: [www.facefocused.com](http://www.facefocused.com). He teaches this all over the U.S. Dr. Mew is in Europe. Quite often it is the general dentists who want to learn this.) Not only are her teeth correctly aligned, but her face is far more attractive – and her airway is larger and there is more room for her tongue, so far less chance of apnea now or later. Young people around age 7 or 8 are terrific candidates for MYO because their faces are still developing; they can maximize their potential. And yes, older people benefit as well.

Musicians and singers often have an edge because yes, they work their facial muscles and learn diaphragmatic breathing. Children who have developed larger oral interiors because of correct orofacial posture also have more resonance when they sing or play instruments. Didgeridoo players benefit because it requires exercising their tongue, soft palate, and other structures, and they also benefit from the limited circular diaphragmatic breathing.

Comment: It is amazing that most of my child clients breathe from their chests and have a difficult time engaging with the idea of diaphragmatic breathing. Of course there is more on my website and in Chapter 12 of Mouth Matters.

Posted On 04/07/2013

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## VonSchneider

Thank you very much for your reply and the website, I will learn more. I did quiz my son and had forgotten that he tore his lingual frenulum on his herbst appliance that had a wire that went across the roof of his mouth. He is still angry about having had this thing at all. And tearing his tongue-tie hurt. The first time he tried to eat after having the herbst installed he was so frustrated he cursed and threw food in public. He's usually my easy going guy.

While TMJ pain is doing better than initially, he is still having pain. We visited the orthodontist, but have no faith that anything they plan to do will help. Which of course involve more appliances and it will cost more money \$\$\$\$. So glad they were able to help us the first time, NOT. And I don't like what it has done to his cute face. But I remember first seeing his little face and saying, "Look he has an over bite, he's going to need braces."

You are right about the band kids knowing how to breath. This kid can run 7 minutes miles without training. He says my legs get tired, but I'm not out of breath. Amazing, he's not in sports, well marching band. That's not exactly cross country, but maybe it is cardiopulmonary wise.

Posted On 04/07/2013

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## carol\_vstoep

You are welcome. If I even help on child, it is worth it. As it happens, I even am helping my own two, as well as myself. Please look at [www.facefocused.com](http://www.facefocused.com). Traditional orthodontics did not work with your child the first time. I won't the second. I fly out to Dr. Hang in California for my orthodontics because it is worth it. Face forward orthodontics, not face back! Dr. Hang often even reinstitutes spaces from traditional orthodontics where teeth were removed to fit the old paradigm of crowding, and all that entails. While most can't consider flying out to see him, he trains doctors all over the country, so you might contact his office to see whom he might recommend in your area if you try orthodontics again. But be sure the oral posture is correct!

Posted On 04/07/2013

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## forbiddenhealing

Von... I discovered the frenulum in high school after cutting it on my bottom front teeth French kissing...clipped. At that time I found the greatest sinus therapy, snorkeling. Diving to 20-30 ft repeatedly, not only moved seawater in and out of my sinuses but the pressure changes moved facial bones and totally drained everything.

@ carol\_vstoep...Great ideas here...pressure changes in many forms from wind instruments or diving may be a new angle, even combining with the tremendous value of breathing and HBOT by similarly increasing partial pressures of oxygen in the blood. I always found it amazing the way breathing patterns changed and optimized after hours of picking up lobsters from the bottom. You could even get kids to dive by tossing quarters into the deepend of the pool.

Posted On 04/07/2013

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## carol\_vstoep

Forbidden Healing: Yeah... that's how we sometimes get the dad's on board for tongue tie releases. Explaining the tactile benefits of having a fully functional tongue. Haha. Snorkeling ins seawater is kind of like the netty pot only better. Great observation about the pressure changes and reduced breathing. I hadn't thought of it before. Of course nasal breathers with a long "control pause" are great snorkelers! They are getting much more oxygen to their muscles and brains! I really love that.

As a side note, talking about pressure changes in a different way, when the lips are sealed, there is a negative pressure in the mouth. As the tongue is plastered to the roof of the mouth, it creates a slight suction so that, like a suspension bridge, the lower jaw stays up with minimal work from facial muscles. Without it, one must work harder to keep the mouth closed. I believe Joy also mentioned the twisting of the eustachian tubes as one swallows correctly with lips sealed and tongue up. This helps keep them clear as the soft palate moves up, always good to prevent ear infections.

Posted On 04/07/2013

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## VonSchneider

My son with his tongue-tie was able to latch on and nurse fine. He thrived just fine and seemed a healthy normal little guy. Maybe why I was not encouraged to have it clipped. Appreciated his doctor observed and commented on his tongue-tie that could have been a problem. Did not know of other reasons why this could have been concerning. If you stick your tongue out, your face could stick like that right? He couldn't really stick his tongue out, but can now.

I think he recently has come on board with that kissing thing too. So the herbst wasn't a total loss. Pretty lucky for a band geek.

Okay, now seeing the other website. The herbst was probably a loss and unfortunate. He has been asking for help. So of course I want to help. Flying him to CA could be a problem, but will see what we can find closer. Just the picture alone at the website say it all. The herbst did not give him a nice profile, you can see it's not right. His pre braces photos look much more normal and often wonder what he would look like had we done nothing. We did nothing with our girl except an orthodontic consult. Were told she would need a 2 phased approach, so 2 separate bills of course. Did nothing and she is stunning and her teeth are so straight now. Huh?

Posted On 04/07/2013

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## VonSchneider

After getting the braces off, I saw him try to bite a burger, stop as his jaw would get stuck and then tears filled in his eye. Then he would lose his appetite and stop eating. That stopped after about 6 months. He has pain, but his jaw stopped all together dislocating.

Posted On 04/07/2013

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## PeggiR

@Von-- check out myoacademy.net to see if there is a therapist in your area. I don't know where you are, but I practice in AZ.

Posted On 04/07/2013

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## Nancyblaney

Excellent !! Try mypillow.com ! Very helpful !

Posted On 04/07/2013

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## SSimas

i read this with interest because I snore. The sleep study doctor told me I was one of the loudest snorers he had seen. After sinus surgery and inserting battens in the back of my throat, both of which caused a whopping infection with 4 months of Cipro that killed the infection but messed up my life, I still snore, and the infected battens are out, but I have scarring.

Correcting food allergies has improved my severe seasonal allergies, but my nose is usually stuffed up, so I breathe through my mouth. My tongue does not rest on the top of my mouth, so now I will work on that, however, the space inside my mouth is very limited due to huge torii, enlarged bones on the floor of my mouth, caused by clenching my teeth for years! Due to my previous surgery/infection experience, I am leery of having them chopped down to size.

So, while I can try to get my tongue resting on the roof of my mouth, I don't see how it will fix my nose breathing, and it seems like it would block airflow into my throat, due to the limited space. My husband hates my snoring and I would give anything to not snore, but I am at wit's end here... Suggestions, anyone?

Posted On 04/07/2013

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## balash

Do you get medical massage and chiropractic adjustments?

Posted On 04/07/2013

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## SSimas

I have in the past. Not sure how they'd be applicable to chronic allergies, chronic sinus infections, and having giant bones in the bottom of my mouth. Could you help me understand how massage and chiropractic adjustments might make my torii smaller, populate my sinuses with happy bacteria and cure my multiple food and seasonal allergies so my nose isn't stuffed up all the time? Thanks!

Posted On 04/07/2013

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## VonSchneider

Rehabing your facial muscles is not much of an infection risk, if at all. In fact has potential to decrease your risk for infections I would expect, whether it be teeth, oral, sinus, throat, lung, esophagus. Isn't this article a suggestion?

You did it "their" way and you told us how that worked for you. It does say there is more to it than just getting your tongue on the roof of your mouth. If you are really wanting something else, isn't he saying try this? "I would give anything to not snore." Would you give AOMT a consideration? Or pay someone to Skype with you to help you? Aren't you the classic case of concerns who could benefit from this type of help? Wouldn't AMOT be interesting in making sure you have enough space to breath? Ask Dr. M if he could make a recommendation. Didn't you just read this? You sound defeated. You could try believing their IS something that can work???? I'm sure a whopping infection can make you feel defeated. But they aren't suggesting battening down your hatch, whatever a batten is?

Posted On 04/07/2013

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## njlady

Maybe you could try going completely gluten/flour free for at least a month..going gluten free cured my husbands TMJ..

Posted On 04/07/2013

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## SSimas

njlady - Thanks, going gluten, corn, dairy, and egg-free has vastly improved my allergies. I still have them, but they're 80% better, and I'm not living with an inhaler, Prednisone, multiple nasal sprays and antihistamines, which tended to compound my health problems.

VonShneider - Yes, I am definitely thinking about the article and how it might help, and may pursue it. A batten is like the stabilizer in a sail. The doctor inserted 3 inch long plastic battens, about 1/2" apart in the very back of my palate, next to my throat, with the idea of stiffening the tissue there, both with the battens themselves and the related scarring. Conventional medicine at it's finest. If I sound defeated, it's because that set off a 5 year battle for my health, during which I learned about alternative medicine, learned about my food allergies, chelated all the mercury out of my system and so on. I'm much healthier now, but I still snore. Thanks for the advice, and I will carefully consider what everyone has said.

One thing no one ever discusses is how to make sinuses happy. With sinus irrigation with Manuka honey and saline, and other techniques, I've figured out how to get rid of sinus infections, but I am concluding that one needs to repopulate the sinuses with what should live there. There are people happily stuffing probiotics up their noses, but perhaps it would be prudent to figure out what should be living in there before doing something that could be dangerous. There's some initial research in this field, but not much yet. Even dentists have probiotics for gum disease these days... I hope Dr. M. can bring some info on that.

Posted On 04/07/2013

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## joymoeller

You should try to have an evaluation by a myofunctional therapist. Go to [myoacademy.com](http://myoacademy.com). Your tongue may be restricted. You can also find a Buteyko Breathing Educator from BBEA (Buteyko Breathing Educator Association.)

Posted On 04/07/2013

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## forbiddenhealing

ssimas...Clenching teeth sounds like stress to me. Big doses of Vit C make mucus thinner and flow. Hydrogen peroxide held 5min in the mouth perfuse oxygen through sinuses. Oregano oil held in mouth will soon be felt to heat up those sinuses. Once that stagnant hypoxic situation shifts, infections cease. Check my reply to Magnolia. Fluoride detox following Cipro might help...dilute borax or shilajit.

Posted On 04/07/2013

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## carol\_vstoep

See comment above about nasal passages. Maintaining a lip seal, keeping the tongue up, and Buteyko breathing exercises work in concert. The body knows when it is short of the critical gas carbon dioxide. It is such an important gas (see above), when there is too little, as with all mouth-breathers because the throat is such a hug hose compared to nostrils, goblet cells in the nose secrete mucous to try to slow down the loss by making that "hose" smaller.

Unfortunately, the body doesn't realize there is a downstream blow-out, the mouth! Brief exercises clear the nose almost immediately so one can begin to keep a lip seal with the tongue up. It takes more work to reset the brain to a slower breathing rhythm, but it does happen over time. CO2 is the new "thing". Even my father's traditional doctor is starting to measure his levels and finds them too low for good health. One can do a quick check of levels by doing a control pause measurement. Again, the link to Timpone/Vander Stoep interview that discusses all this is on my website and above, [www.mouthmattersbook.com](http://www.mouthmattersbook.com).

Patrick McKeown, the world's foremost advocate on Buteyko breathing, had asthma for 20+ years, but I believe hasn't had an episode since Buteyko breathing became a part of his life.

And until you quit clenching, even if you removed those tori, they would grow back. clenching is partly an effort to stiffen the muscles around the airway and to keep the lower jaw from falling back. These issues need to be solved. Myofunctional therapy helps strengthen and enlarge the airway by toning the tongue and soft palate, among other things.

Posted On 04/07/2013

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## PeggiR

I would suggest a consultation with an orofacial myologist. The AOMT website can help you find one in your area :)

Posted On 04/07/2013

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## forbiddenhealing

@carol-vstoep...Breathing cadence is very connected to CO2 levels, blood pH, oxygen delivery, K/Mg levels, metabolic efficiency and membrane integrity. There are also hundreds of styles from Chi breathing to Fire-breath practices which move pH and supercharge oxygen perfusion as well as peroxide or HBOT interventions. There is one breathing exercise that consists of rapid hyperventilation (performed lying down or seated) for 15 minutes! This obviously dumps CO2 completely yet is very healing. Shifting equilibria and electron balances can be done in many ways and is very dramatic. Being a lover of anomalies prevented my full acceptance of any philosophy. Instead I find what works and then tease out the principles involved.

Oxidative stress/inflammation/low body charge is the root of disease and more oxygen the cure. Fluid viscosity depends on the properties of water and charge with Vit C the electric vitamin being the quick fix. I think to address cell health at the molecular and the physical structural level is the truly holistic approach.

Posted On 04/07/2013

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## Pat 444

@ carol\_vstoep: I had learned about Buteyko breathing, and I followed it by sealing my lips with a tape and by keeping the tongue up. My nostrils are open and free, but as soon as sleep begins and when I am in a half conscious state yet, I feel one side of my lips getting loose, and from a tiny opening there I feel that i begin mouth-breathing. My jaw does not hang down, it's just a loosening of one half of the lips. If I tape the right side, lips open on the left side, and vice versa. If I don't tape it at all, it still opens just on one of the sides.

What kind of strengthening exercise would you advise for my lips muscles, instead of the jaw muscles, and I don't really know how to do. I tried a few straps on my jaw, that did not help, as they are designed for maintaining the jaw up, which is not my problem.

Posted On 04/08/2013

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