

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.



Carbon Dioxide levels in the lungs and blood are another important aspect of breathing right. Mouth breathing rapidly depletes CO₂ causing less O₂ uptake into cells and alters the proper acid/base balance for the body. Blood without the proper CO₂ content is like an opened Coke left overnight before drinking - no fizz or zest - tired blood.



The Breath Of Life

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.

- Genesis 2:7



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.

FACTS:

- 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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