



Lynda Gregorini, BS, OMT

Lynda is a Myofunctional Therapist who helps patients with mouth breathing habits and other myofunctional concerns. Problems associated with mouth breathing are easy to solve with a knowledgeable and understanding therapist to guide you along the way.

Lynda works with your dentist and orthodontist and other healthcare providers to help make therapy a simple and easy process.

Therapy is conducted online, so you do not have to leave your home for care.

Call or text today.

Mouth Breathing & Your Health

A Question and Answer Guide



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Mouth Breathing

The majority of people breathe in air through their nose, which serves as a natural humidifier and filter for the air intake. However, when nasal breathing is not sufficient, mouth breathing becomes necessary. Nature did not intend for us to primarily breathe through our mouths, so issues may arise when this happens.

Why would someone mouth breathe?

Mouth breathing is a postural habit that can develop for numerous reasons. The most common 5 are listed below

- Allergies
- Deviated Septum
- Thumb or finger sucking habit
- Nasal Polyps
- Enlarged tonsils or adenoids
- Chronic nasal congestion
- Respiratory infection

Mouth breathing changes the way the tongue works; it causes a tongue thrust, which affects speech, swallowing, breathing, and chewing in problematic ways.



Forward Head Posture
Flattened Nose
Short Upper Lip
Retruded Jaw
Also - gummy smile and
crooked teeth

Other Effects on the Body

Persistent mouth breathing leads to the body being under stress. This stress triggers a cascade of other reactions within the body such as:

- Headaches
- Bleeding gums
- Sore throat and cold symptoms
- Bad breath and higher risk for cavities
- Poor sleep - leads to chronic fatigue
- Digestive disturbances - gas, upset stomach, acid reflux
- Increased heart rate
- Stress hormone production

The root of the problem in many cases is actually an oxygen issue. When we take in air through the mouth, less oxygen is able to be absorbed into the bloodstream and more CO₂ absorbed instead.

Poor sleeping habits often result from lower oxygen levels.

In children, this can adversely affect growth and academic performance. It has even been connected to ADD and ADHD hyperactivity symptoms.

In adults, poor oxygen concentration in the bloodstream has been associated with high blood pressure, heart problems, **sleep apnea** and other medical issues.

Mouth breathing cause posture changes too as the body compensates to make room for air.

Orthodontic treatment may be longer if a person is a mouth breather.

This is caused by the position of the tongue during mouth breathing.