

My Mouth Breathing Story

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Hi friends!
Have you ever
had a blocked
nose?



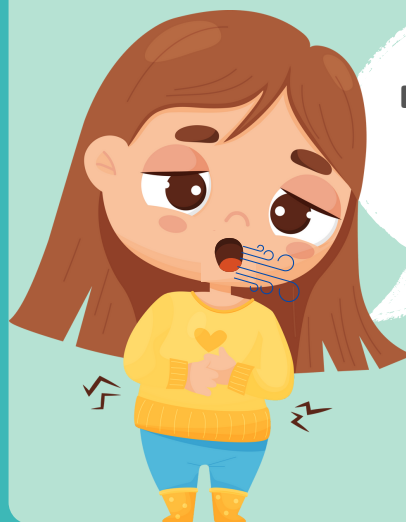
I have had a
blocked nose too!
And it's not very
nice at all.



When my nose was
blocked, I was mouth
breathing for a long
time. It made me tired.



After a while of
mouth breathing
daily, my belly
started to hurt
too!



Mouth Breathing and my belly ache



It turned out, was swallowing a lot of air when I was breathing through my mouth.



My food didn't taste the same anymore. I wouldn't say I liked the new taste. It was hard to chew too.



My parents found a MYO to help me breathe through my nose again!



Myofunctional Therapy UK

My Myo taught me how to breathe through my nose again, and how to chew my food well. She taught me other cool things too!



Early intervention makes a big difference!

