

# 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 mouth  
and lips became  
very dry!



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# Mouth Breathing and my toothache

I developed bad breath and plaque build up fast. Some of my teeth started to hurt.



Chewing my food became painful, and I lost my appetite.



My parents found a Dental Hygienist trained in MYO to help me breathe through my nose again!



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My Myo Dental Hygienist taught me how to breathe through my nose again, and how to clean my teeth properly.



# Early intervention makes a big difference!

