

Is Your Tongue Killing You?

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Synopsis

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Do you have jaw pain? Sleep apnea? Do you breathe through your mouth instead of your nose? How about migraines, badly aligned teeth, or just bad teeth? Your tongue may be to blame! This book on myofunctional therapy can help! A valuable collection of sage advice and insights from the OGs of Myofunctional Therapy. Don't wait! Let Joy guide you to better health and happiness with her patented techniques!

MYOFUNCTIONAL THERAPY – WHAT IS IT?

Orofacial Myofunctional Therapy (MT) is the neurological re-education of the orofacial muscles. It is a rehabilitation therapy program designed to re-pattern teeth, jaw, and soft tissue functions such as chewing, swallowing and breathing. This is accomplished through the use of therapeutic techniques and positive behavioral modification.

Reader's comments

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