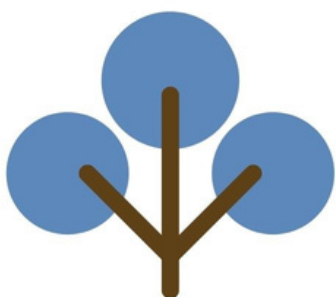


Mouth Taping



**The Easiest Way to
Learn to Breathe
Through Your Nose**



MenoFit
by Big Tree Studio

Why breath through your nose?

Nose Breathing

- Filters, warms and moistens the air coming in.
- Helps fight viruses and bacteria before they enter. your body
- Mixes Nitric oxide into the incoming air, opening up your airways and circulation
- 20% more oxygen in even though it feels more restricted..
- Activates the diaphragm and relation hormones.

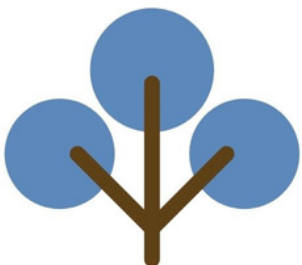
Mouth Breathing

- Increases the chance of airway infection
- gives you a dry mouth and bad breath in the morning
- Changes the shape of your mouth
- Deactivates the diaphragm
- Increases upper rib breathing, activating the stress hormones

Are you a Mouth Breather?

How many of these do you answer YES to?

- Do you snore?
- Do you wake up with a dry mouth in the morning?
- Have you needed or wished you'd had orthodontic treatment? In other words, are your teeth shonky?
- Do you carry a lot of stress and find it hard to relax?
- Do you find it hard to walk and exercise with your mouth closed?
- Do you wake up from poor sleep tired and grumpy?
- Do you wake up from good sleep, still tired and grumpy?
- Can you walk up the stairs to the studio with your mouth shut, breathing gently, the whole way?



**The nose is for breathing.
The mouth is for eating.**

Mouth Taping

DO NOT DO IT IF YOU ARE:

- **Asthmatic**
- **Have a heart condition**
- **Are completely blocked with infection (you can do nose unblocking techniques first)**
- **If it totally freaks you out.**
- **If you have diagnoses Sleep Apnea.**

Here's how to do it - how I did it.

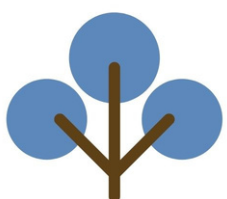
I have always mouth breathed, has sinus issue and very poor sleep. This has changed my life!

Mouth taping is easier and you can start slowly until you get used to it. It took me about 3 months until I didn't need the tape anymore. Now, nearly 2 years later, I still nose breath at night. I can walk for long stretches with my mouth shut. I still have to work at it when going fast and uphill.

You will find it harder to learn if you have a job talking, like me, where you have to have your mouth open a lot.

It can become a nice part of the sleep routine, telling your brain that it's time to sleep.

Initially you will probably feel that you have been kidnapped. Don't worry, the paper tape we use and the angle we first use it ensures that you can talk with it in and if you open your mouth fully the tape will just rip off..



Nasal Breathing uses the diaphragm which helps the Pelvic Floor...

Mouth Taping

Step 1

Place the tape on your mouth as shown in the picture. Test out that you can cough, speak...Go to sleep. If at any time it becomes uncomfortable simply take it off. The longer you leave it on the quicker you will learn to nose breath at night.



Step 2

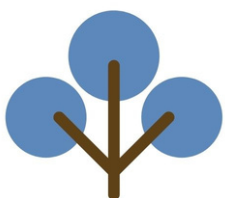
Progress to taping your mouth more horizontally. Just do this as you get more confident and comfortable.



Step 3

Progress to wider tape. I recommend that you only use paper tape, like the photo above

Yes, you can mouth tape during the day as well, while reading, watching TV and exercising Slowly progress from easier to harder.



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