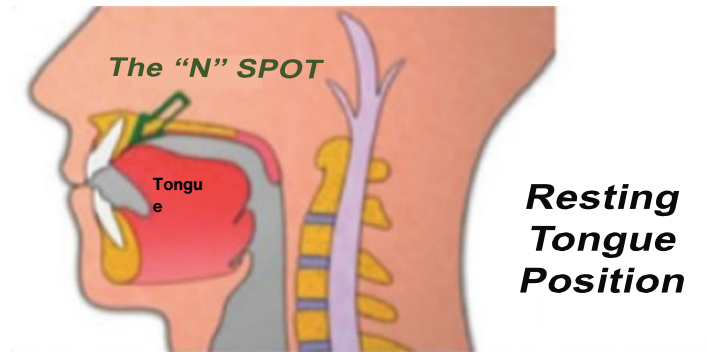


## SWALLOWING EXERCISES



When swallowing your tongue should not lean against or go past the front teeth.

### Swallow With Lips Open:

1. Place tongue on "N-Spot".
2. Bite teeth together.
3. Swallow allowing tongue to go up and roll along roof of mouth without touching teeth.
4. Repeat 5-10 times.

### Swallow With Lips Closed:

1. Place tongue on "N-Spot".
2. Bite teeth together.
3. Swallow allowing tongue to roll along roof of mouth without touching teeth.
4. Lips should stay closed and show minimal to no movement.
5. Repeat 5-10 times.

Alternate between Lips Open and Lips Closed and do the exercises once in the morning and once at night.

***Remember it takes about 3 months to make or break a habit!***