



Nasal Breathing

Using Micropore Tape and the 7-8 hours of sleep to train your body and the breathing-control centre in your brain, to breathe through your nose.

Breathing through your nose is good for your health. It can affect the **carbon dioxide (CO₂)** level in your lungs which helps balance out the acidity and alkalinity of the body. This has a profound impact on every system in the body. The rate and quality of your breathing, (mouth breathing vs nasal breathing) can impact your physical, mental and emotional wellbeing. In addition breathing through your nose stimulates the production of **nitric oxide (NO)**, a potent vasodilator and body regulator. It is also a powerful bactericide and helps to keep the sinuses free from infection.

IS YOUR NOSE REALLY BLOCKED?

Try this simple 2-minute test. Place some tape on your mouth and breathe slowly and gently... there are 3 possible outcomes:

- 1 | **You can immediately and easily breathe through your nose...** great!
- 2 | **You thought your nose was blocked but unblocks with gentle breathing...** your body chemistry has unblocked your nose.
- 3 | **Your nose is actually blocked.** There may be structural problems and you may need to consult an ENT specialist, or the nasal passages are inflamed and swollen, and there may be nutritional or environmental triggers and you may need to consult an integrative medical practitioner, nutritionist or naturopath... don't use the tape.



NASAL BREATHING is an important part of overall health as it:

- Warms, humidifies and filters the air reducing the chances of enlarged tonsils, allergies, hay fever and other chronic respiratory problems.
- Helps balance out body chemistry by balancing out and optimising carbon dioxide levels in the lungs, affecting acid/alkali balance and smooth muscle throughout the body.
- Helps in the production of nitric oxide, an important biological regulator, vasodilator, anti-microbial and powerful anti-oxidant.



IF YOU ARE AN OPEN-MOUTH BREATHER several things can happen:

- Tonsils can become enlarged and lead to frequent respiratory problems.
- Mouth becomes drier and susceptible to decay and gum disease.
- CO₂ levels in the lungs go out of balance, leading to restless sleep and even waking up and needing to go to the bathroom at night (low CO₂ levels can cause smooth muscle to contract throughout the body. Bladder is smooth muscle, so the need to frequently urinate can occur).

USING THE MICROPORE TAPE TO PRACTICE NASAL BREATHING

Nasal breathing can be achieved by placing a small piece of **Micropore paper tape** across your lips before going to bed.

- Make sure that you fold the tape over at either end to make it easy to pull, when you want to remove it.
- When removing the tape DON'T PULL IT OFF, stick your tongue out to moisten and loosen it. This protects your lips from trauma.
- Provided that your nose is clear and you don't have any digestive problems which might cause you to want to throw up, there are unlikely to be any problems or dangers keeping your mouth closed – it is the natural way to sleep.



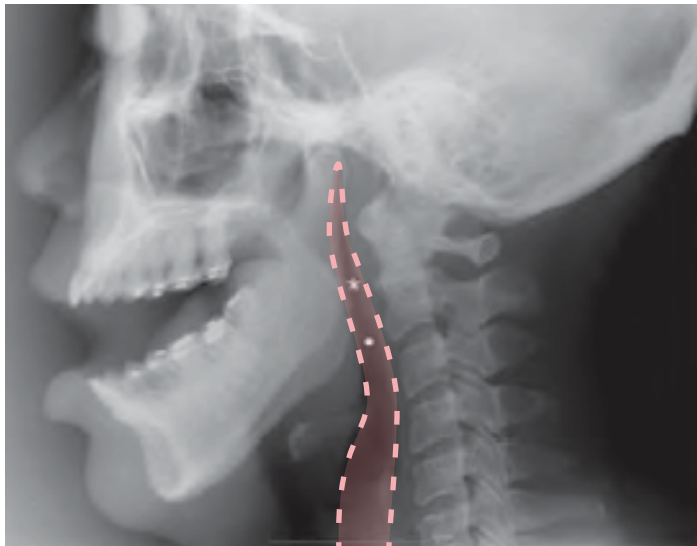
USEFUL HINT: Put the tape on about 15 minutes before going to bed, and so that you can get used to the feeling OR try using the Micropore tape when watching TV, doing homework, or anything else that requires you to concentrate.

ENCOURAGING RESEARCH PUBLISHED IN 2015 CONCLUDED THAT...



"The porous oral patched (e.g. micropore tape) is a useful device to treat patients with mild obstructive sleep apnoea (OSA) and habitual open mouth breathing (OMB)."

Reference: Novel Porous Oral Patches for Patients with Mild Obstructive Sleep Apnea and Mouth Breathing: A Pilot Study. TW Huang & TH Young Otolaryngology– Head and Neck Surgery 2015, Vol. 152(2) 369–373



Open mouth with narrower airway



Closed mouth with more open airway

IN PREDISPOSED INDIVIDUALS, OVER BREATHING (CO₂ DEFICIENCY) MAY TRIGGER OR EXACERBATE...

- Depression
- Chest pain
- Stress
- Attention disorder
- Sexual dysfunction
- Feelings of suffocation
- Tenseness
- Asthma attacks
- Sleep disturbances
- Cold hands
- Fatigue
- Angina attacks
- Allergy
- Heart palpitations
- Weakness
- Heart attacks
- Irritable bowel syndrome
- Irregular heartbeat
- Exhaustion
- Chest tightness
- Chronic fatigue
- Anxiety
- Fainting
- Phobias
(eg. Public speaking)
- Breathlessness
- Apprehension
- Migraine phenomena
- Panic attacks
- Emotional outbursts
- Hypertension

DISCLAIMER

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