



The Nose Knows

Our body was designed to function optimally when we breathe through our nose. Our nose provides vital structures to warm, moisturize, and clean the air we breathe by regulating the balance of oxygen and carbon dioxide as well as aiding in the production of nitric oxide. With diligent work and commitment, together we can help restore nasal breathing.

Effects of Mouth-Breathing

Chronic Congestion

When we breathe using our mouth, the body is unable to regulate the oxygen/carbon dioxide balance which causes congestion and an increased rate of respiration. Our nose naturally warms and filters the air making it easier for our body to use the oxygen.



Insufficient Craniofacial Development

Mouth breathing means that the tongue is resting low in the mouth. When considering mouth breathing in children, the tongue is a natural dental expander, when it rests in its optimal position, in the palate, it facilitates growth of the upper jaw which allows the lower jaw to grow. This results in ideal craniofacial development which also results in proper airway space.

Increased Risk for Dental Decay

Mouth breathing dries out the oral cavity creating an imbalance in the oral microbiome/pH, inducing gingivitis and an increased risk of tooth decay.



Parasympathetic System Activation

Using our mouth to breathe stimulates activation of the “fight or flight” mode. When this happens, our body experiences increased blood pressure, cortisol levels rise, lack of nasal breathing stimulated nitric oxide production. Shallow thoracic breathing reduces the effectiveness of our breathing as well as slowing our digestion.

Poor Sleep Quality + Increased Risk for Sleep Apnea

