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Recommendations for Mouth Breathers

Note: the recommendations below are not absolute and may not be suitable for everyone. Please consult your physician, nutritionist, homeopath or naturopath to individualize your needs and guide you in the process. A consultation with an ENT is also recommended to rule out other medical conditions in the nose/throat area.

Allergy elimination

Screening and elimination of allergens: Pollen, Fungi, Animal dander, chemicals.
Evaluate heavy metal burden.

Nutritional guidelines

Cow's milk and dairy products should be eliminated from the diet. Avoid foods with preservatives, dyes, artificial sweeteners, refined sugars and other additives. Screen for yeast intolerance or gluten allergy. Beware of soy milk. Alkalinizing foods should be consumed.

Individual testing and other considerations such as blood type should determine the appropriate diet.

Homeopathic remedies

Constitutional therapy will address the inherent weaknesses of the body
Isotherapy is used by many European homeopaths to treat chronic allergies.

Many classical and complex homeopathic remedies exist that if correctly applied, will address allergies on different levels.

Physical therapy and exercise

Craniosacral, osteopathic and massage therapy encourage circulation of blood, lymph, and cerebrospinal fluid, as well as unblocking energy channels. Daily exercise, which produces adrenaline, is a natural antidote to histamine.

Nose breathing exercises

The aim is to encourage a lip seal to achieve is:

- Air flow through the nasal cavity, which will automatically enlarge the airway passages through the nose and will improve the quality of air. It will also stimulate nitric oxide tissue hormone production for improved blood circulation and immune function.
- Increased muscle tone of the muscles around the mouth, which are weakened due to the chronic mouth open posture.
- Stimulation of a correct craniofacial and jaw growth pattern.

Have the child hold a thin piece of stick between the lips twice a day. Start with five minute increments each time, and increase the interval by one minute every day. Keep a written log of this schedule and make sure it is not interrupted. Follow this schedule until you achieve 30 minutes twice a day. After this add a third time into the daily schedule. Try to coincide these sessions with homework or TV watching, so the effort in keeping the lips together is on a subconscious level, and is more tolerable.