



Effects of Mouth-Breathing

Human facial anatomy was designed for breathing through the nose. Mouth-breathing is a maladaptive, compensatory behavior. The nasal cavity filters the air we breathe and allows airflow into the body for proper craniofacial development.

Causes of Mouth-Breathing

- Persistent illness and/or allergies
- Enlarged tonsils and/or adenoids
- Anatomy issues (shape of nose, jaw, nasal cavity)
- Overuse of pacifier
- Thumb-sucking
- Childhood trauma/stress

Effects of Mouth-Breathing

- Tongue Thrust
- Abnormal development of facial features
- Poor sleep
- Behavioral issues
- Poor immune system

“When people breathe through the nose, it triggers paranasal sinuses that produce nitric oxide, facilitating oxygen circulation throughout the body, helping the lungs absorb oxygen, relaxing muscles, and allowing blood vessels to dilate.

Nitric oxide also has anti-fungal, anti-viral, anti-parasitic, and anti-bacterial properties, which strengthen the immune system and stave off infections. Breathing through the nose basically helps clean the body out” - Dr. Anil Rama