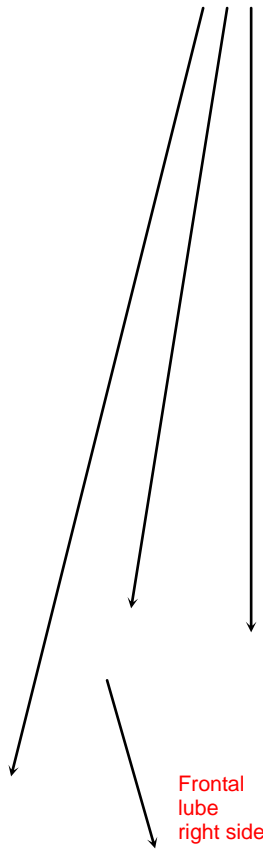


Origin	Reaction	Result	Reason	Improvement	Diseases / Conditions
				Enlarged Facial Expression Muscles	Face slimming
					Fine wrinkles
				Skin Metabolism	Acne / Flecks
		Power up orbicular muscle		Throat protection	Moisturized skin
		Change mouth-breathing	Waldeyer's tonsillaring action		Atopic Eczema
		↓ Into nose-breathing			Palmoplantar pustulosis
					Flu / Common cold
					Bad breath
			Saliva evaporation	Stop bleeding from gum while blushing	
			(Control effect)		Mouth ulcer
					Taste disorder
			Respiratory tract		Quality of sleep
					Prevent deficiency of oxygen
					OSAS
					Increase in power of attention
			Gating entrance of esophagus		Aspiration pneumonia
		Cerebral blood flow	Activate upper brain	Newborn synapse	Stroke / Dementia
			Activate lower brain	Superior colliculus reflex	Improve sport ability
	Facial nerves	Tympanichord	Auris media		Hearing difficulties / Otitis media
			Eyes		Sjogren's syndrome
			Saliva		Improve sport ability
			Heart		Cardiac disease
			Digestive system		Constipation
			Reproductive organ		Climacteric disorder
			Sleep		Deep sleep
			Growth hormone		Anti-obesity
					Immune effect
					Rheumatism
					Cancer
					Anti-aging
					Bad tooth alignment
					Eating / Swallowing / Articulation disorders
					Cardiac disease
					Adult lifestyle related disease / Cancer
					High blood pressure / Diabetes

**Facial Expression Muscle**



Frontal lube right side

Facial nerves

**Labia oris (Lips) = Visceral muscles**

↓ Stimulation

**Parasympathetic nerve**

**Tongue muscle = Skelton muscles → Posture (body shape)**

Stimulation (Neck) (Hand) (Respiratory muscles)

**Slacken tongue → Respiratory tract → Insufficient oxygen (Cause of chronic disease)**

→ LESS Sleeping stress to the brain