

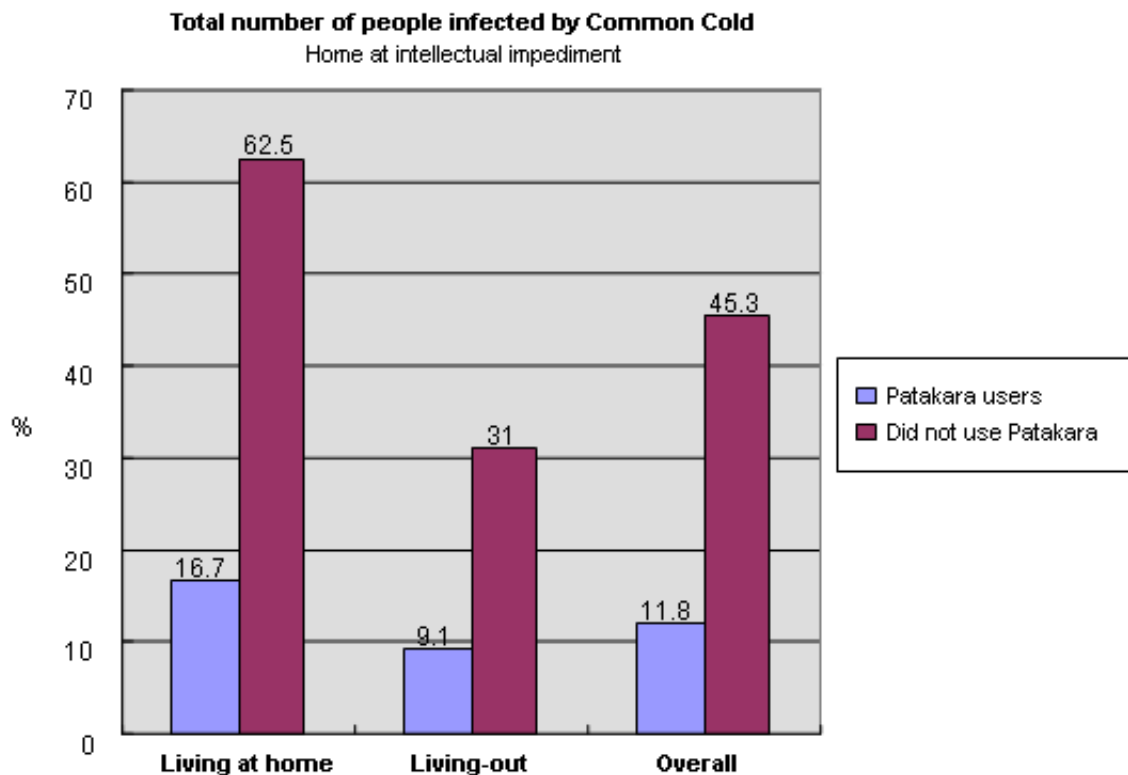
# Lip Trainer Patakara Improves Immunity

## Less Infection and Less Common Colds & Flues

The use of Patakara can help strengthen your Lip Closure Strength and transform mouth breathing to nose breathing during sleep. You may be surprised that once you become a nose breather, you would hardly catch Flues & Common colds. This is due to improving immunity by cutting down bacteria that enters the body directly through your mouth and throat during sleep.

When you breathe through the mouth during sleep, there is a decrease in the flow rate of saliva and dryness is experienced inside the mouth. The tissue at the Waldeyer's Ring (Pharynx Lymph Ring) will become weak owing to inflammation caused by the dryness. The lack of saliva (which is anti-septic) and dryness gives rise to bacteria reproduction or decrease in immunity in the same regions. Thus common cold is easily caught. Due to response to the strengthening of the lip muscles using Lip Trainer Patakara, the mouth will be closed at the time of sleeping in the night. This ensures that the mouth and throat are kept moist by saliva and there is a decrease in occurrence of Flues & Common colds.

The following case studies demonstrated the effectiveness of the Lip Trainer in the prevention and reduction of Common Cold cases in Japanese Home of Intellectual Impediment and at Normal Primary Schools





Lip-training in winter for a month at normal primary school, Japan

