

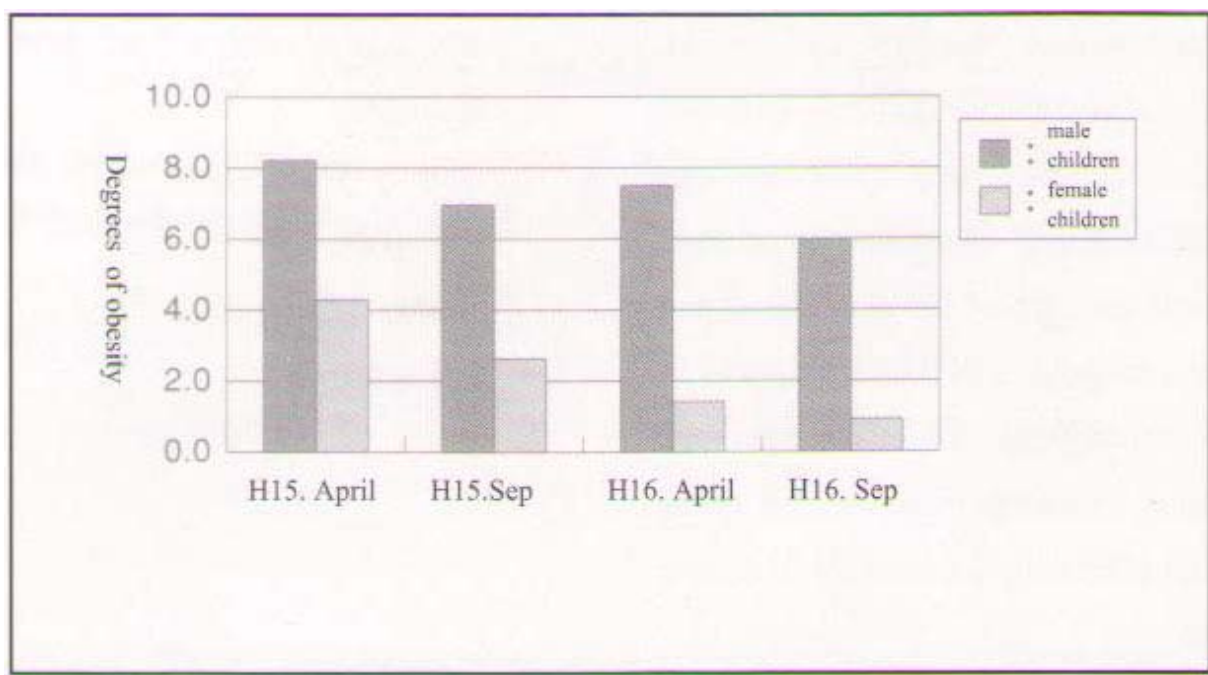
Lip Trainer Patakara and Obesity

Weight Loss is possible with Quality Sleep!

The body will secrete Human Growth Hormone (HGH) when it reaches the non-REM sleep stage. The Growth Hormone has a significant impact on children's growth. It also has the effect of degrading fats, building muscles and preventing depression in adults.

In 2004, all students in Shiratori Primary School, Iwate prefecture, Japan participated in the use the Lip Trainer Patakara for one whole year. The result of a survey showed that good quality sleep was achieved. This was thought by Dr Akihiro to be due to the participants' ability to inhale a sufficient amount of air, leading to non-REM sleep.

From the figure it can be seen that the number of overweight children had decreased, especially in females. Although the number of individuals studied was insufficient for publishing the results, it can be seen that being overweight is related to fat degradation of growth hormone.



Degrees of obesity of male children and female children

Scientific papers also document that during non-REM sleep, the pituitary gland secretes hormone interfering factors and immune factors, thereby increasing the ability to counteract diseases and increase immunity. In the study with the primary school, the number of sick absentees had also decreased. From this it can be seen that oxygen supply during sleep is crucial for overall health.

(Click on [Colds and Flues](#))

Adapted from Dr Akihiro's article, Lip Shutting Strength Training, published in Anti-aging Medicine Vol 2 No 2