

# Short Testimonials for Lip Trainer Patakara

## Snoring, Sleep Apnea and Weight Loss - Mr F, 55 years old

When I listened to my wife's tape recording of my snoring I didn't feel shocked. What shocked me the most was the fact that I have sleep apnea syndrome. Before I have my meal every day, I do the lip trainer patakara training for 15 minutes. Within two weeks time, my wife told me that my snoring had improved a lot. After using patakara for 3 weeks, I lost 2 kg and other people told me that my face has become firm. Even now, my wife has started to do the lip trainer patakara training to make her face slim.

## Bad Breath, Acne & Gums Bleeding - Ms I, 26 years old

My mother often told me that I have bad breath and I thought that it was caused by periodontal disease. However after Dr Akihiro's diagnosis, I knew that it was due to inflammation of the throat. Now when I think of it, maybe it was because I opened my mouth when sleeping. When I get up in the morning, I feel that my throat hurts. After then, when I get home from work every day, I use my time for watching T.V. and taking a shower to do the lip trainer Patakara training for 10 minutes per day. About 1 month later, apart from not being told that I have bad breath, I even don't have to worry about acne and gums bleeding. Now I'm very happy every day.

## Facial Palsy - Mrs H, 58 years old

Ever since I had a sudden onset of facial palsy 9 years ago, I tried all types of treatment methods but not only did it fail to improve but it became more serious. So, I spent every day isolating myself and not willing to see anyone. Then I came into contact with patakara and started to do the lip trainer patakara training. At first, I wasn't even able to close my mouth using the softest type. After 2 weeks, my teeth and nose could move and both sides of my face started to gradually recover its balance. Half a year later, my facial expression became natural and I no longer felt embarrassed when meeting up with people. Now I do the lip trainer patakara training 4 times per day and it has become something that I enjoy to do.

## Cerebral Haemorrhage - Mrs S, 40 years old

Due to my husband's side effect from cerebral haemorrhage, the right side of his face and body became numb and he needed nursing care at all times. So, his rehabilitation was first priority and he started to do the lip trainer patakara training. After 1 month, the muscles surrounding his mouth had more elasticity and apart from a lot of improvement in his drooling, the slanting of his face also improved. Six months later, he could lift his right hand and open his palm. Now he can go to karaoke and his next goal is to go back to work. My husband and I both have the confidence to achieve it, so we will continue to work on it.

## Slimming, Energy Increase & Dry Hands - Ms Y, 37 years old

After my father did the lip trainer patakara training, his snoring improved and so I also started to do the lip training for beauty effects. At first, I did 2 times per day but there was no effect. So, I changed to doing the training 4 or 5 times per day. After 1 month, my friend asked me if I was on a diet. About half a year later, I felt full of energy when I got up in the morning not really realising it and my problem of having serious dry hands in winter was also resolved.