The Lip Trainer:
Exercising Your Lips Can Transform Your Health

We promised to let you know of anything we came across in our Asian travels that might be of significant interest. Well here’s one: the Patakara Lip Trainer.

As we walked through a shopping centre in Singapore looking for a decent place to have a late Sunday breakfast, I was handed a flyer which I glanced at before putting it into my pocket.

Back at our hotel I read the flyer and liked what it conveyed: it was about a device that, inserted into the mouth would ‘train’ the lips. The process would trigger a beneficial knock-on effect. By activating the muscles of facial expression, this would in turn improve blood flow, specifically increasing vascular flow into the right frontal lobe of the brain. With this increased blood flow is carried life-sustaining oxygen.

Intrigued and wanting to learn more about the Lip Trainer, how it worked and what conditions it could benefit, we met with Oya Seiichiro, Director of the company that manufactures it. To say we were impressed by his knowledge and the information he gladly imparted is an understatement.

What is a Lip Trainer?

I would like to keep it simple by describing the Lip Trainer as a rehabilitation training tool for the treatment of the muscular functions of the mouth cavity…..but it is more than that. The Lip Trainer is manufactured by combining the elastic properties of plastic and rubber. The resilience of this material applies pressure directly to the muscles of the mouth and cheek, strengthening them. Developed by a Japanese dentist and registered for use as a Medical Device with the Ministry of Health in Japan, the daily use of the Lip Trainer appears to have a curative influence. Whilst the improvements may be gradual, they can also be visible because they are linked with improved motor
movements (brains and limb co-ordination; autonomic nervous system) as well as cognitive functions.

When blood flows to the brain, turning on the synapses, the facial muscles are activated. This stimulates the parasympathetic nervous system (that part of the autonomic nervous system that controls rest and digestion).

Here’s a brief interview (4:19) with Oya Seiichiro in Singapore on the Lip Trainer

The name ‘Patakara’ was derived from papa.... tata.... kaka.... rara.... that Speech Therapists use for patients to pronounce key words in speech training. So the device was developed originally for patients who suffered from strokes.

Link with cranial nerves

Dr Peter Julu, Breakspear Medical Group’s Specialist Autonomic Neurophysiologist, hypothesises that the Lip Trainer may activate the seventh cranial nerve nucleus in the brain stem. This sits near the rostral ventrolateral medulla oblongata, which is the area that can modulate sympathetic and parasympathetic nervous systems and thus have effect on immunity as well. Now being studied by many health groups around the world the Lip Trainer has been used since 2000 by over one million people as well as in many hospitals and clinics in Japan and Singapore. Most of the new Lip Trainer users have come from recommendations made by existing users.

Let’s see what some of these users have to say:

“My wife bought the Lip Trainer from you a few months ago in Singapore and it is working very well for her. She managed to breathe through her nose after 3 days! And she has stopped snoring at night too.” Dentist in Australia

“Thank you very much for recommending me to use Patakara. I’m very grateful. I have had a brain tumour surgery in Taiwan when I was 9 years old. Post surgery, my left face was left paralysed. Symptoms were like Bell’s Palsy. I have been affected with my appearance my whole life. I’ve been searching for solutions all these years. I am already 36 years old now. 2 years ago I passed by your stall and you introduced me to Patakara. I started to see results for the next 1-2 months. It has improved my smile a lot. Even my plastic surgeon in novena Mount Elizabeth
hospital encouraged me to continue using when I visited him in may 2014. I would like to urge everyone to try this device because it will help you. Don’t give up. We will always have hope.”

36 year old Female Makeup Artist in Singapore.

My snoring stopped one day after buying lip trainer, it was very helpful! Let me carry on using it in order to verify the effectiveness to the other my symptoms.

Translated from Japanese

What does the Lip Trainer do?

The developer claims that, by exercising and strengthening the lips, the Lip Trainer can:

- **increase cerebral blood flow**

  benefiting conditions including Down Syndrome - behavioural issues - attacks of epilepsy - stroke conditions - creation of synapses in newborns - mental alertness - aphasia - dementia (Alzheimer's and Parkinson's) - brain damage - mental rehabilitation.

- **activate facial expressions**

  Bell’s Palsy - drooling - bleeding from the gums while brushing - bad breath - mouth ulcers - excess phlegm - dry mouth - teeth grinding - sagging face - double chin - stiff neck - fine wrinkles - TMJ (temporomandibular) disorders such as alignment of teeth.

- **co-ordinate the movement of tongue and throat**

  benefiting conditions including speech and articulation disorders - swallowing disorders - snoring - sleep apnea (OSAS) - breathing difficulties - blocked nose - hypertension - irregular heartbeat.

- **boost parasympathetic nervous system**

  benefiting conditions including common colds - unidentified coughs - shallow sleep - toilet visits at night - bedwetting - atopic eczema - bowel and bladder issues - asthma attacks - menopause - depleted immunity - rheumatism - diabetes and blood sugar levels - kidney conditions - Sjogren’s Syndrome (an immune system disorder).
Nose Breathing vs Mouth Breathing

The act of breathing through the nose instead of the mouth raises the position of the tongue allowing more oxygen into the brain and body. The data provided by the Japanese researchers show that changing from mouth breathing to nose breathing has numerous positive effects on oxygenation of the brain, bad breath, dry mouth and abnormal salivation, positively alters the bacterial counts in the mouth and reduces blocked nose. They have also reported improvements in bladder control at night and cold (temperature) intolerance.

Let’s Look Closer At How We Breathe

Breathing is about exhaling and inhaling: expiration and inspiration. In the preface of his book The Tao of Natural Breathing, Dennis Lewis writes:

“…two facts have become clear to me with the regard to the relationship of breath to health and inner growth. First, that our poor breath habits have
arisen not only out of our psychosomatic ‘ignorance’, our lack of organic awareness, but also out of our unconscious need for a buffering mechanism to keep us from sensing and feeling the reality of our own deep-rooted fears and contradictions. There is absolutely no doubt that superficial breathing ensures a superficial experience of ourselves. Second, that if we were able to breathe more ‘naturally’ for even a small percentage of the more than 15,000 breaths we take during each waking day, we would be taking a huge step not only preventing many of the physical and psychological problems that have become endemic to modern life, but also towards supporting our own inner growth - the growth of awareness of who and what we really are, of our own essential being.”

The renowned spiritual pathfinder G. I. Gurdjieff said: “Without mastering breathing nothing can be mastered”.

To breathe is to live and to breathe fully is to live fully. The natural, full-body breathing we are born with is compromised as we cut ourselves off from our feelings and emotions, most commonly to survive the often traumatic challenges of childhood. The result? Chronic shallow breathing reduces our breathing capacity to one third of its potential. The effect of that? Diminished exchange of respiratory gases that in turn reduce our cellular energy depriving us of many health-giving actions that natural breathing would have in our inner organs.

How does the Lip Trainer work?

Inserted in the mouth to fit under the lips, the user then exerts pressure on the lips to keep them together, thus strengthening facial muscles. This encourages breathing through the nose other than the mouth. The result? Saliva is prevented from evaporating and problems such as mouth ulcers and bad breath are kept at bay or reduced altogether.

Recommended use is to insert the lip trainer and close the lips together for at least three minutes. Do this four times a day. With the Lip Trainer in place, if your lips can't close the device completely for 3 minutes continuously, the effectiveness will
not be 100%. The device must be fully closed in order to align your facial muscles around its shape.

**Want to look like Denzel Washington or Jennifer Aniston?**

Look critically at the film stars and you’ll see a facial symmetry. For aspiring thespians this is a distinct advantage when auditioning for a part as it’s one of the features a casting director is looking for.

Facial symmetry is a trait that is attractive not only to humans but to several other species. Both men and women have a greater appeal when they have more symmetrical faces and bodies. Denzel Washington, People Magazine’s sexiest man way back in 1996 was found to have an almost perfectly symmetrical face.

Stimulating and strengthening the muscles of expression through regular use of the Lip Trainer can catalyse facial changes, including an improvement in posture as strengthening cheek muscles directly impacts the muscles at the back of the neck.

(Thanks to Readers Digest for the image of Denzel Washington image)

**The Lip Trainer has benefited the following conditions**

1. **Down Syndrome**

Those with Down Syndrome were born without developed facial expression muscles (ie weak strength of lip closure). Consequently their faces have a similarity - an open mouth, a chubby face with conditions such as sleep apnea, difficulty swallowing, speech disorder and hearing difficulties. When Down Syndrome sufferers start to exercise their lips to strengthen their orbicular muscle, there will be a recovery of those symptoms.
This image speaks for itself. The girl’s father said at a special needs education conference in Kuala Lumpur, Malaysia that his daughter developed the ability to talk using the Lip Trainer and after 3 years of its use can now speak fluently.

For more information on this case click here

2. Gum disease (Bleeding from the gums while brushing teeth)

A recent report from the Singapore Government shows that 85% of Singaporeans have gum disease because the incidence of breast feeding is low. Feeding from the breast is where the orbicular muscle of mouth develop; this is not the case with bottle feeding as considerably less sucking is required with the latter. When children who were not breast fed become adults, their weak orbicular muscles will very likely cause them to sleep with an open mouth.

3. Anti-ageing and face slimming

Gravity and age are generally believed to occur together resulting in a sagging of the facial skin. This is reversible as the ‘gravity’ aspect is merely the facial muscles becoming weaker. Use of the Lip Trainer will tighten the facial muscles as well improving breathing. For more information click here

4. Dementia

The speech therapists at the Okuno Hospital (Tokyo) announced, for the first time in the world that "The dementia (Alzheimer) can be improved with the Lip Trainer Patakara".
Blood flow to the frontal lobe of the brain increases when lip exercises are carried out with the Lip Trainer. The brain works as an energy source. It is normally found that the function of the brain decreases in those with Dementia as blood flow to the brain has decreased. There are four parts of the brain, the frontal lobe, the parietal lobe, temporal lobe and the occipital lobe. It is believed that with dementia, blood flow to the frontal lobe of the brain is first to be reduced.

5. Mouth ulcers

People suffering from painful mouth ulcers have reported that, after breathing through their nose, their ulcers stopped almost immediately. The reason for this is that nose breathing allows saliva to be retained in the mouth at night and saliva is key to the prevention of mouth ulcers. Saliva is indeed the best mouthwash available, far superior to the damaging commercial mouthwashes advertised on TV.
6. Night Toilet visits
Those trips to the toilet in the middle of the night will decrease within a few weeks and then hopefully stop altogether if you use the Lip Trainer correctly, 4 times per day. These disturbances are caused by an imbalance in the autonomic nervous system that create shallow sleeping patterns. The increased cerebral blood flow brought about by lip-training will stimulate a deeper sleep and help release antidiuretic hormones from the pituitary gland reducing or eliminating altogether any need to visit the toilet.

8. Bad Breath
With mouth breathing, saliva in your mouth quickly evaporates. Mouth breathing also allows bacteria to enter with each air intake. While bad breath is caused by bacteria in the throat as well as trapped food between teeth, we now know that gum disease and ‘furry tongue’ do not cause halitosis as we have been told. So If you could sleep with your mouth closed, the bacteria that causes bad breath will be absorbed by saliva each night. Any bad breath could be gone in as little as 2 weeks.

For more information: http://www.liptrainer.com/main/badbreath.htm

9. Sleep stress / Flu / Common cold / Sore throat / Dry Mouth / Phlegm / Bad attack of coughing / Attack of asthma
When Lip Trainer users successfully change to nose breathing and started lip-exercising regularly, they wrote to let us know these conditions listed above were resolved. The main cause of the symptoms were largely caused by mouth breathing. 80 % of bacteria are filtered out when nose breathing.

10. Blocked nose (Sinus)
There is a correlation between volume (size) of nasal chamber and strength of facial expression muscles. Mouth breathing when asleep and a lack of strength of the facial expression muscles can bring about a shrunken nasal chamber. This can be exacerbated in those who have had ENT operations to straighten or enlarge nasal channels. To reduce or stop a blocked nose consciously change from mouth to nose breathing and strengthen the facial expression muscles.

For more information click here
11. Snoring
Many snorers have swollen soft tissue around the pharynx, brought about by years of mouth breathing. To stop snoring it may take anything up to 6 months of nose breathing and lip training to reduce the swelling. The snoring sound is caused by the speed of exhaled and inhaled air passing through the narrow passage around the swollen pharynx or at the root of the tongue when the passing air causes it to vibrate.

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www.resourcesforlife.net
www.toothwizards.com

For a more complete list of conditions the Lip Trainer may help you resolve, click here

Click here to purchase your Patakara Lip Trainer