



MEWING

Mewing is the foundation of real change.

It's not some trendy exercise or internet hack, it's the natural oral posture we were always supposed to have.

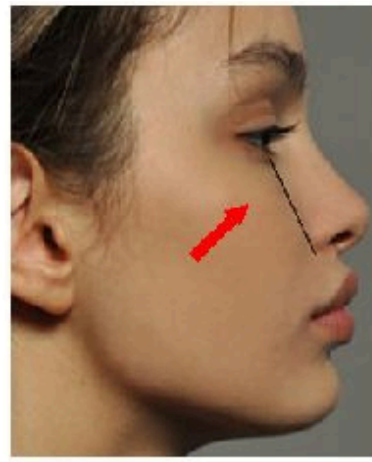
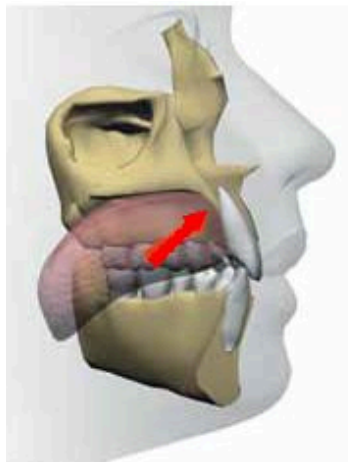
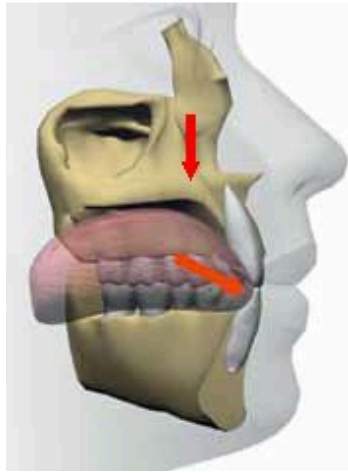
***It worked for me because I had
CONSISTENCY***

*The idea comes from orthotropics, which is all about **guiding facial growth** in the correct direction the way nature intended, **using the tongue, lips, chewing muscles and nose breathing** to shape our facial bones.*

People with great bone structure didn't get lucky or win a genetic lottery.

They've been mewling since they were kids by default.

Their tongues were always resting on the roof of the mouth, lips closed, breathing through the nose.



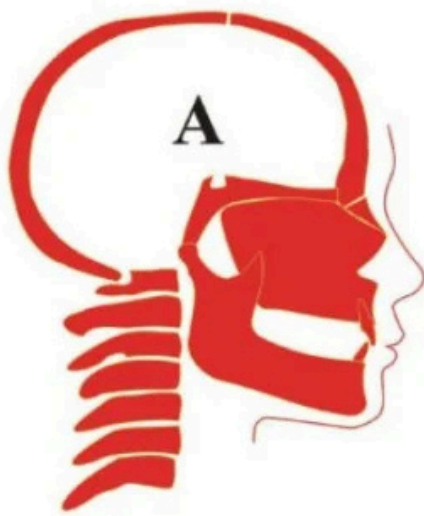
That constant upward pressure from the tongue is what gave them high cheekbones, forward growth, and strong jawlines. this is proper development.

If your tongue isn't holding up your palate, then gravity takes over.

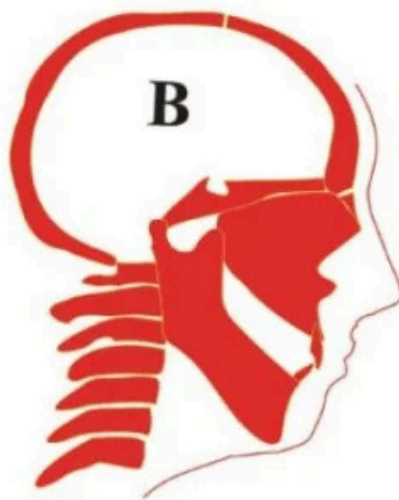
- *Your upper jaw drops.*
- *Your midface sinks.*
- *Your maxilla moves down and back instead of up and forward.*

And once that foundation starts to crumble, everything else follows, the lower jaw, the cheekbones, the orbital area, the posture.

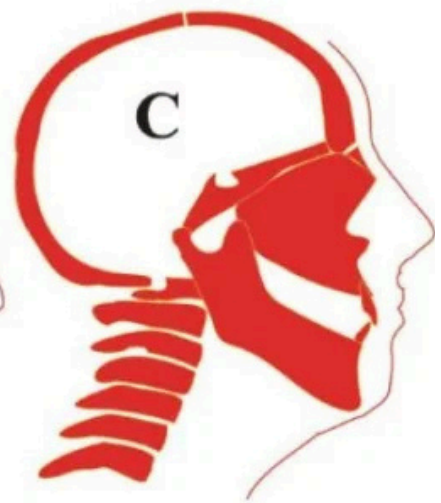
That's how you end up with a long midface, recessed face, weak jaw, crooked teeth, and poor posture overall



A correctly growing face.



If the maxilla drops the mandible swings back.



To open the airway the head is extended back creating a 'convex' face.

Most people today didn't grow up with proper oral posture. We were mouth mostly breathers and some didn't mouth breathe but still had bad tongue posture. We slouched. We swallowed wrong. Our tongues sat low and on the floor of the mouth.

Before the bad habits I had good facial development

I started the bad habits in my teens unconsciously,



And because of that, my facial structure didn't develop the way it was supposed to. It's not genetics, genetics are just blueprints, it's your habits that shaped your current form.

Habits that started young and kept shaping our faces in the wrong direction for years.

By the time we realize it, the damage is halfway or fully done but its never too late especially if your under your 30s.

Bone can grow and remodel itself if given enough time and stimulus

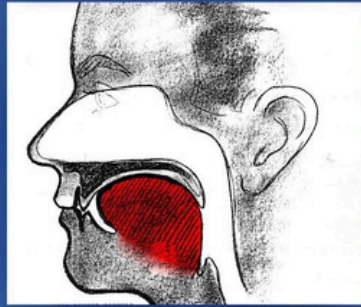
And that's where mewing comes in. You're not trying to force your face to change overnight, you're just putting it back into the state it should've always been in.

*Let the tongue do its job. **Keep your lips sealed. Breathe through your nose, keep the tongue up and Stay consistent. Without that base, nothing else works. Not braces, not surgery, not devices.***

The tongue is the architect. If it's not holding up the structure, the structure is collapsing.

MEWING

tips and exercises



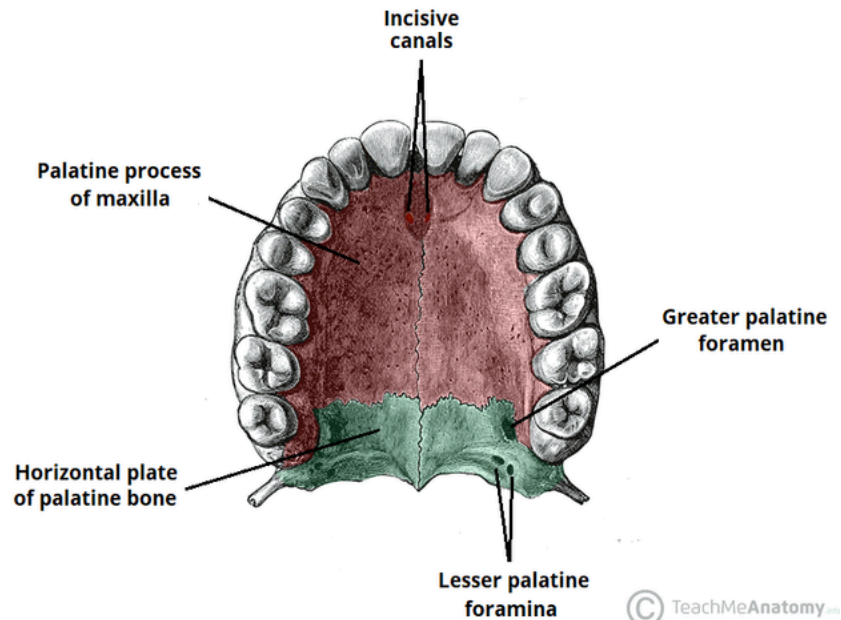
**to correct the position
of the tongue**

1. Always keep your mouth closed, you would say you keep it always closed but there are times of the day you keep it open without even realizing it, **keep your lips together all the time** focus on it.

2. Consciously bring your tip of the tongue on the “N” spot, say “N” and your tongue tip should touch the incisive papilla. **always keep it there.**

3. Next is the touching the middle of the palate, run your tongue along the suture of the palate, you should feel a part that slightly bumps up halfway or more along the palatal suture, that's the part you have to touch with the part of the tongue under it.

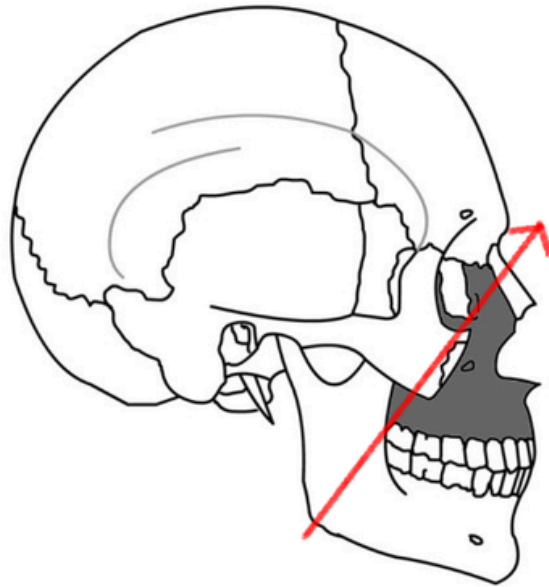
NOW COMES THE back third of the palate



Its the hardest part for the beginner to engage, most in trying to engage it block their airways because they didn't engage the correct part of the tongue but instead too far back

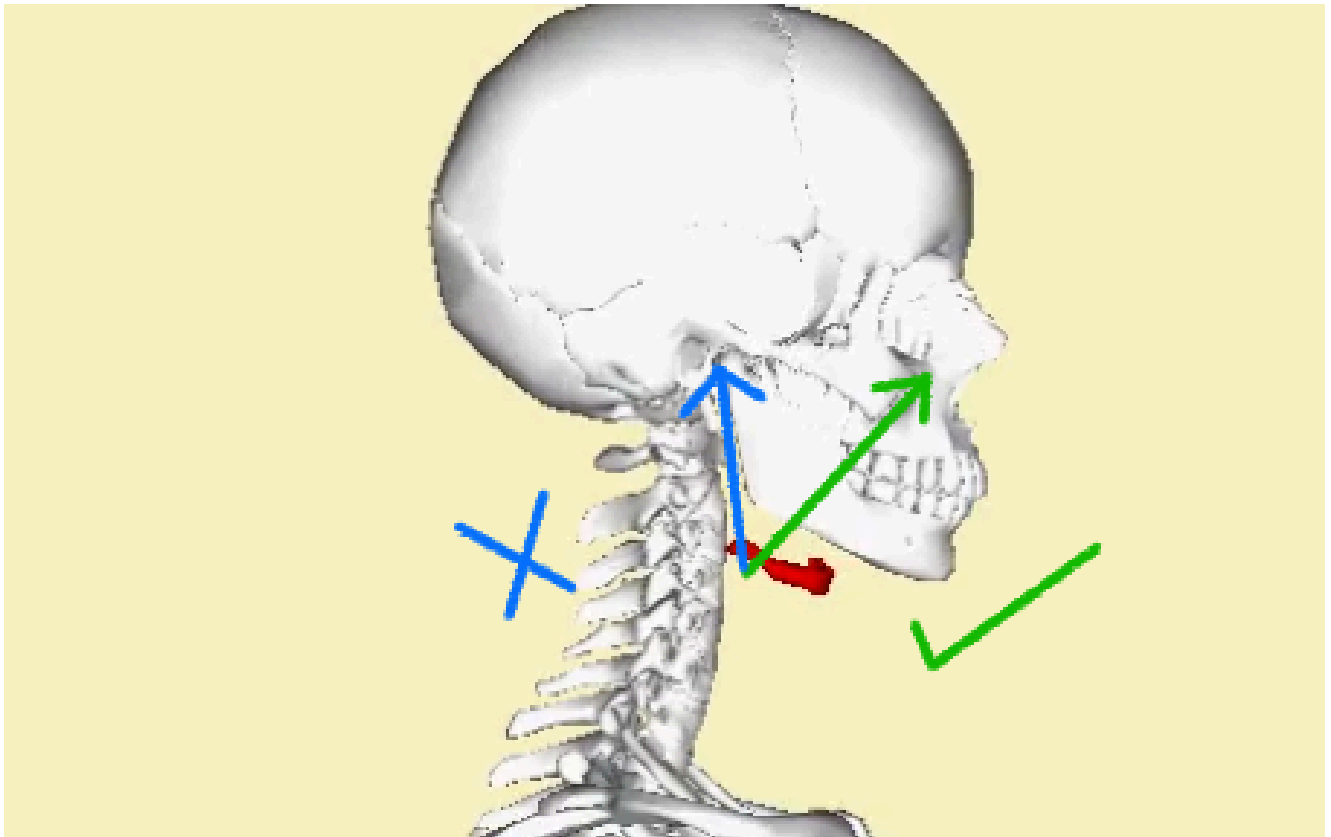
COMMON MISCONCEPTION

*Engaging the back-third is NOT the same as “swallowing mode”, in other words **you don't have to hold your hyoid like you're swallowing,** the action of swallowing is to close the airway so the food or water doesn't go in the windpipe and push the food in backward direction so that it goes down the food pipe.*



*Pushing the back-third is different, you don't have to push your tongue back into the soft palate but instead **push it on the back of the hard palate in forward and upward direction**, so that your airway doesn't close and you can breathe properly*

*Im expecting you just know the
“swallowing mode”
so lets start from there.
go into that mode and then
instead of pushing your hyoid
back and up, **imagine pushing
it forward and up**, it would take
a lot of **focus and practice** but
you would feel a back part of
your tongue engage,*



Don't push your hyoid back like when you swallow but imagine pushing it forward like this, you'll feel your tongue push with it back part on the back of the hard palate and not block your airway

while engaging that
start focusing on trying to
breathe, with a lot of practice this
way you can “on the go” start
engaging the back-third once you
know which part of the tongue
needs to be engaged and which
doesn't without doing all these.

How to know if you are able
to engage your backthird?

Bring out your tongue and imagine
engaging your tongue, you will see your
tongue become tall and inflated

CORRECTING THE SWALLOWING TECHNIQUE

Wrong swallow

firstly, why is it important? it is

*because **a bad swallow** wont*

help you get any progress

*because it **keeps your palate***

narrow and doesn't provide

any stimulus to remodel the

bones.

so, what are the components of

wrong swallow?

Wrong swallow components are:

- ***sucking the teeth to collect the saliva and swallowing.***
- ***not pushing the tongue on the roof of your mouth***
- ***engaging the buccinator muscle***
- ***in some cases raising eyebrows or making faces when swallowing (see mirror)***

THE CORRECT SWALLOW COMPONENTS ARE:

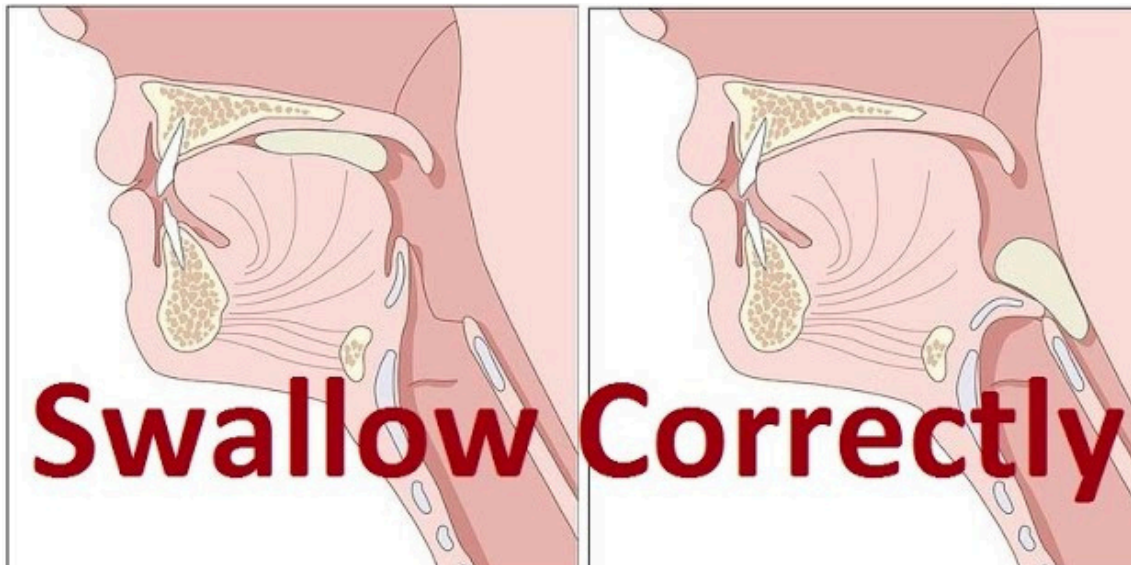
- ***collecting the saliva by
keeping the lips closed and
bringing your tongue back
and down***
- ***pushing the palate with the
tongue instead of the sucking
the teeth to swallow because
sucking the teeth narrows the
palate and doesn't let it get
wider***



if your tongue looks like this pretty often that means you're sucking your teeth

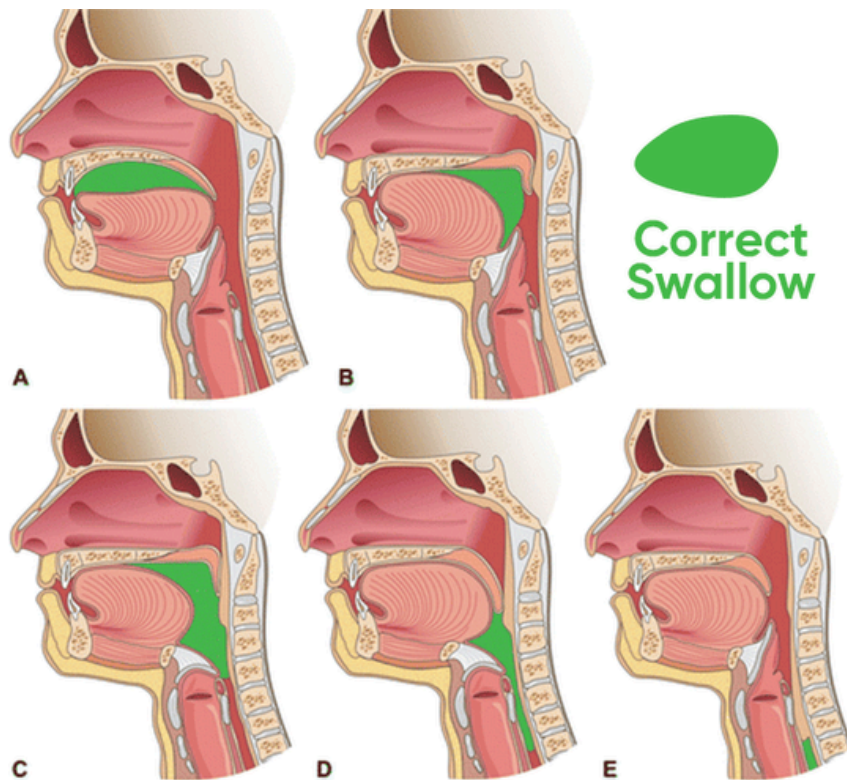
- *not engaging the buccinator to swallow*
- *everything should be done by the tongue while your lips are together*
- ***a vacuum should be created exclusively between your tongue and the palate, not much between the cheeks and teeth***

STEP BY STEP CORRECT SWALLOW



start mewing, without bringing your tongue down push your tongue on the palate and swallow, this will make a suction between your tongue and palate

*after that, **let the saliva build up, when its built up, lower the front of the tongue down and you'll notice that the saliva moved up on the tongue automatically** (this is due to the suction we made beforehand)*



*then **push the front part of the tongue on the palate** and in a wave motion (should happen automatically) move the saliva back into the throat and **swallow it** by pressing your hyoid up,
this is how to collect the saliva and swallow the correct way*

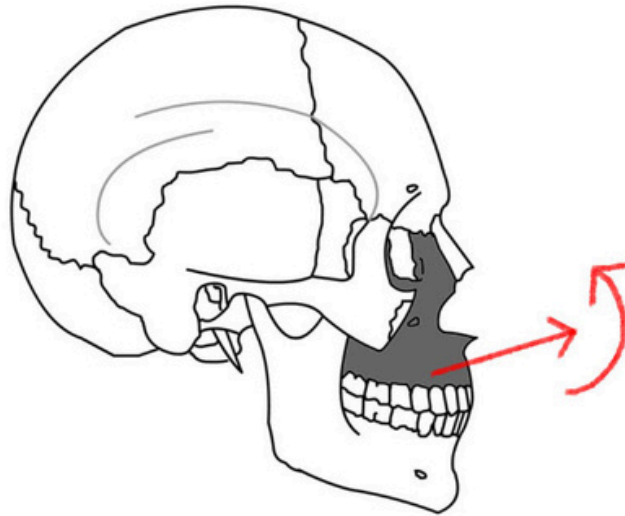
TONGUE PUSHING FOR FASTER RESULTS

*once you learnt how to correctly mew, start pushing your tongue with **medium force for long time as much as you can, this will give faster results** than just from suction mewing, and its better than if you just hardmew for a short amount of time cause in orthotropics terms medium or soft force applied for a long amount of time gives more stimulus than super hard force for a short amount of time,*

*I am not saying **hardmewing** is bad, but for a beginner you cant hold it for long enough because **its very tiring**, that's why **im recommending medium force**, but if you can **hardmew for a long amount of time then you will see faster results.***

*switch to normal or medium force mewing whenever you're not **actively** pushing the tongue, **never let your tongue leave the roof of your mouth**, except when eating and talking*

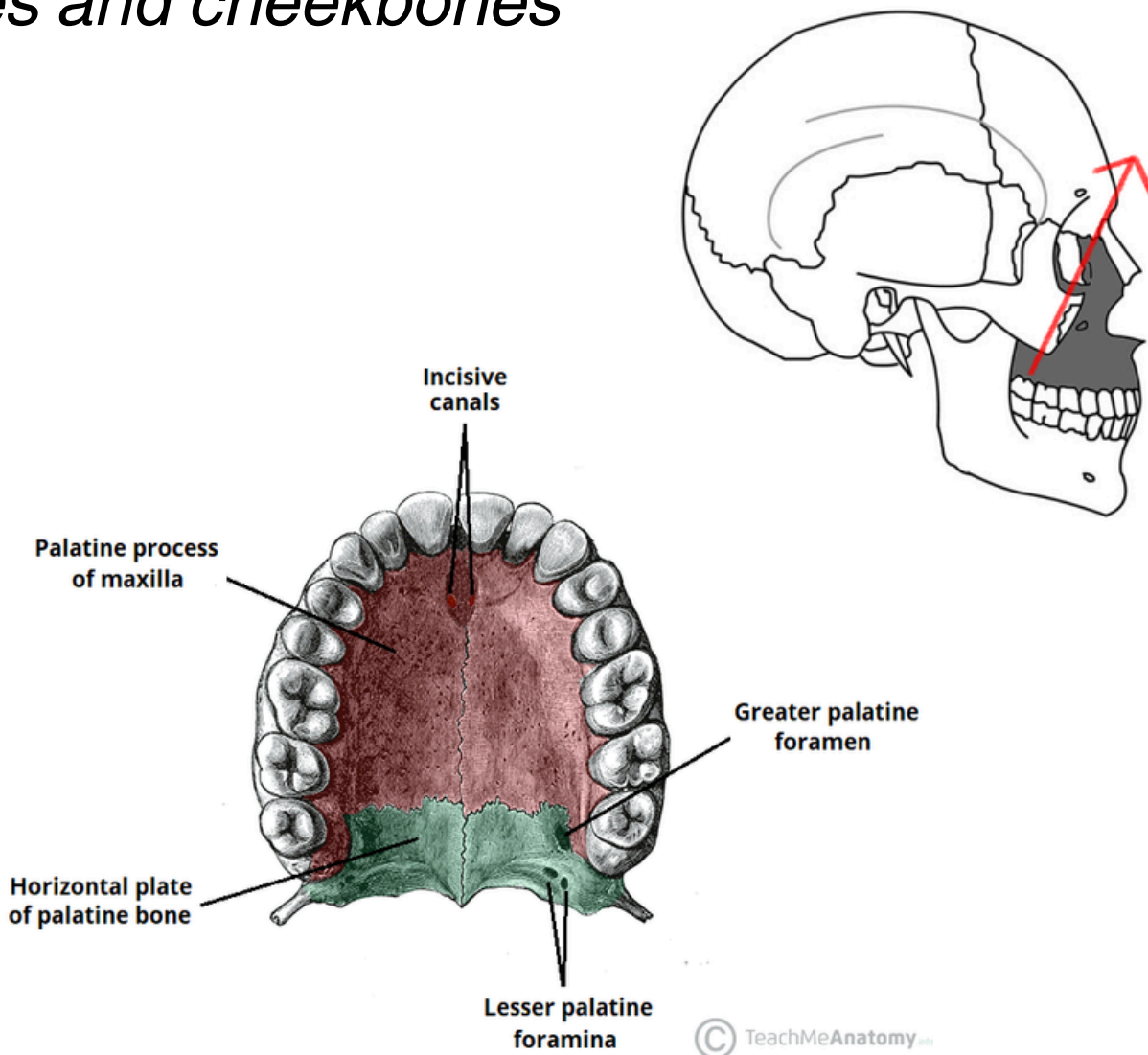
FORWARD GROWTH



To increase forward growth, mew like I already said and also focus more on pushing the Front of the tongue aswell as the middle, this will cause the maxilla to move forward as well as help in achieving CCW rotation because you will be putting pressure on the front part of the maxilla which causes it to remodel forward and rotate it in pitch axis if your jaws are down swung

CHEEKBONES AND EYES

Last but not least, for improving cheekbones and eye area, focus and push on the backthird of the palate because it is located under the eyes and cheekbones



The Green Part which is highlighted here

Final words:

This is just the beginning.

make these basics strong, You

will unlock My hardmewing

technique soon (only advanced

and intermediate mowers can do

it)

Its really important to master the

back-third engagement.