



**Did you know we swallow  
around 2,000 times a day?**

**This equals 3,000 to 12,000 pounds of  
pressure everyday. If this force is  
misdirected, it can have a MAJOR  
IMPACT on your teeth!**

**Our goal is to retrain your tongue to  
begin swallowing the proper way.**

- Click-the-click position places your tongue in the roof of your mouth. This is where your tongue should be when you
- Keep your tongue in the roof of your mouth, push it up and hold it there for ten seconds; repeat this 10 times.
- Three S's-Slurp. Squeeze, and Swallow. Practice for 10
- No liquid with meals because drinking fluids with your food can prevent proper swallowing.

**To order a DVD/Workbook - Go to [www.suzspeach.com](http://www.suzspeach.com)**