

MYO MUNCHEE™

SMALL DEVICE BIG IMPACT

With **just 10 minutes of chewing per day**, this amazingly powerful little device will help get facial function back on track!



Optimise facial muscle strength and function, promote nasal breathing and improve the health of teeth and gums all by doing something incredibly simple...

chewing!

What is a Myo Munchee?

A Myo Munchee is an active chewing device made of soft, medical grade silicon.



An amazingly powerful little device to assist with improving oral tone for optimal chewing, breathing, speech, sleep and health.

Enhances

- muscle strength
- tone
- co-ordination for better oral posture.

Promotes

- nasal breathing
- and reinforces correct swallow patterns
- correct tongue posture.

Encourages

- chewing which stimulates saliva production;
- cleaner teeth and healthier gums by utilising the prong design. These prongs massage, stimulate and connect to all the neuro brain sensors in this area.

Why Myo Munchee?

Chewing is essential for the development of the jaw, palate and facial structures.

Primitive cultures were chewing on nuts, seeds, bones and raw vegetables—which was great daily exercise for the jaw and plays a major role in stimulating bone growth. The modern processed diet requires little chewing effort.

Using a Munchee helps to promote healthy development of facial muscle strength, encourages nose breathing and correct resting tongue posture, at the roof of the mouth.

Keep your teeth for life and maintain oral health

The Myo Munchee may assist you to keep your teeth and maintain a younger, healthier mouth by keeping your face muscles active and strong.

Chewing the Myo Munchee promotes optimal gum health and alleviates stress on the teeth and jaw muscles. It also stimulates saliva production, which assists in better oral hygiene, aids digestion and reduces the likelihood of bad breath.

If you don't use it, you lose it...

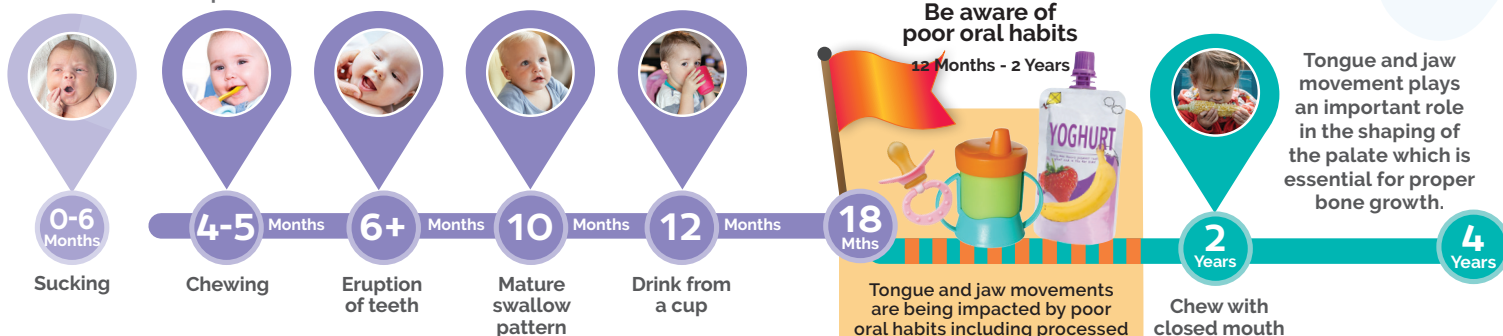
We all recognise that exercising the body is of paramount importance. Equally important is exercising the muscles and bones of the head, face and mouth.

"The bones of the mouth need exercise. The effects of exercise on bone are illustrated by the fact the bone in the hitting arm of a professional tennis player can be 10-15% larger than the other arm!"



The Benefits of using a Myo Munchee over a Lifetime

Oral Developmental Milestones



From ages 2-4 years we will start to see many of the signs of oral dysfunction become obvious such as:

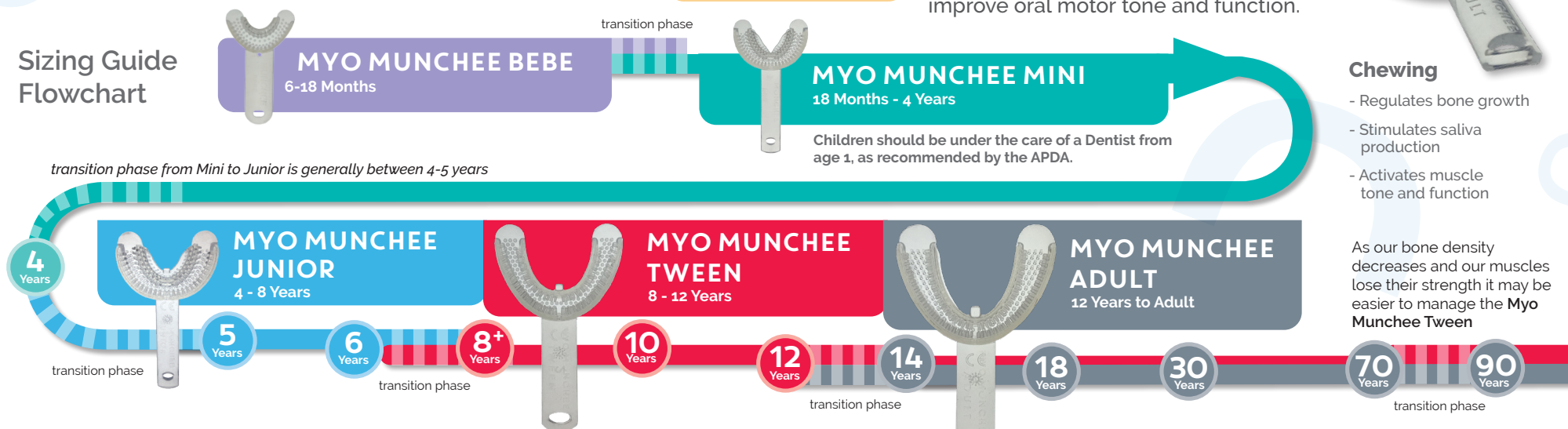
- open bite
- mouth breathing
- sleep disturbance
- ear issues
- allergies
- oral motor weakness
- sinus congestion
- dribbling
- drooling
- speech issues

A **Myo Munchee Bebe** may be helpful for general oral tone, combat mouth breathing and be used as an oral motor exerciser.

A **Myo Munchee Mini** may be helpful with weaning non-nutritive suck habits, correcting open bites and may improve oral motor tone and function.



Sizing Guide Flowchart



Chewing

- Regulates bone growth
- Stimulates saliva production
- Activates muscle tone and function

As our bone density decreases and our muscles lose their strength it may be easier to manage the **Myo Munchee Tween**

A **Myo Munchee Junior** may be helpful to assist with malocclusion, mouth breathing and myofunctional therapy programs.

A **Myo Munchee Tween** may be helpful to use in conjunction with orthodontics, myofunctional therapy programs and breathing programs that can assist with anxiety and behavioural issues.

Benefits of chewing a Myo Munchee Adult:

- Assist with correct oral posture, swallow pattern, tongue positioning and nasal breathing
- May improve jaw balance and bite
- May improve health and stability of TMJ
- Improve teeth and gum health
- Increase saliva production
- Improve muscle tone of your face and jaw
- May assist to reduce snoring

Chewing is an essential function for optimal ageing

IMPORTANT: Consult a professional to ensure optimal oral health outcomes

Please visit our website for more information on our sizing guide
www.mymunchee.com

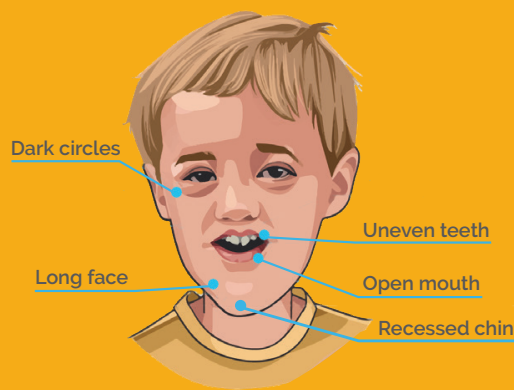
The Myo Munchee Difference

Just like any part of the body, the jaw and facial muscles need the right kind of movement to have optimal function and balance.

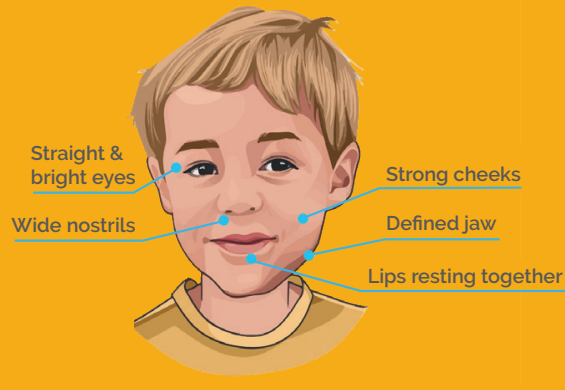
Research has shown that chewing is an essential movement that improves jaw balance and function, as well as optimising your growth potential. The Myo Munchee is a great little tool to incorporate more chewing in everyone's day.



What does *dysfunction* look like?



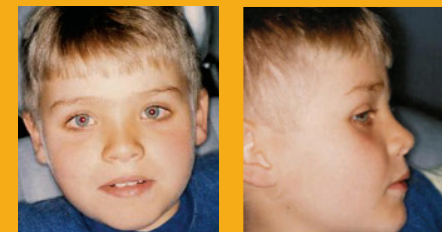
Dysfunctional



Ideal



Before Myo Munchee use



After Myo Munchee use



Read more about the Munchee Movement from others by visiting our Facebook page:
[Facebook.com/muncheemovement](https://www.facebook.com/muncheemovement)

"The chewing device that is sparking a collaborative health movement for kids, parents and integrated clinicians by connecting the dots around chewing, breathing, sleeping and health".

#muncheemovement



Chewing since 1967. Inspired by experience

Dr Kevin Bourke was an Australian dentist who invented the Myo Munchee way back in 1967. The device was originally created to assist gum health and oral hygiene. Over 50 years of clinical use, he learned that optimal oral health and function is essential for overall health and wellbeing.

Subsequent university research and global case studies have validated Dr Bourke's findings, that the Myo Munchee has numerous oral health benefits.



**Myo Munchee
(Operations) Pty Ltd**

www.myomunchee.com

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