

TABLE OF CONTENTS

Book One—Especially for Teens **1**

Meet Dr Mew.....	2
Grow the Perfect Face.....	5
Who Wants Crooked Teeth?	6
Unblock the Nose.....	8
Tiger the Cat	11
Good Sports Performance	13
Oxygenate Your Brain	15
Don't Look Dumb	17
Look Good, Feel Good.....	19

Book Two — Especially for Parents **21**

What Is Good Breathing?.....	23
Who is Dr Buteyko? 27 • Overbreathing 29 • How to recognise habitual overbreathing 30	
How Should We Breathe?	31
Carbon dioxide 32 • Bohr Effect simply explained 34 • Improve oxygenation 37 • Symptoms of chronic hyper- ventilation 38 • How might it apply to your child? 39	
Growing The Perfect Face	43
Who is Dr Mew? 45 • Dr Mew's patients 46 • Evolution of crooked teeth 49 • Diet and mouth breathing 50 • The big toothed mule 52 • Mouth breathing causes crooked teeth 54 • Every child has the potential to grow an attractive face 55 • How children develop crooked teeth 57 • Craniofacial abnormalities 63 • Reversible at an early age 67 • Orthodontics: choose wisely 69 • Identical twins 71 • Sixty Minutes TV interview 74	

Everything To Correct Breathing 78

- Note of caution 79 • Unblock the nose 81 • Step it up! 84
- Reduced breathing 88 • Approach one – blocking one nostril 90
- Approach two—hand over face 92
- Approach three – Ryan hides his breathing 94
- Correct tongue posture 96 • Correct swallow 99
- How to stop cough and wheeze 101

Lifestyle **105**

Snoring and sleep apnoea 106 • Mouth breathing and diet 113

Especially For Infants **115**

What To Do Going Forward **121**

Conclusion **125**

Appendices & References **131**

Book Three— Especially for Children

Meet Cían	138
Summer sports Day in Tumbletown.....	139
Cían meets Argo the wizard.....	140
ABC Game	141
How to unblock your nose.....	143
What is our nose for?.....	144
Argo lets Cían in on a secret.....	145
Finding the correct "spot".....	147
Walk the steps.....	150
What causes wheezing and coughing.....	153
Avoiding triggers.....	155
The secret to breathe correctly.....	156
The big race.....	157
The Winner	161
My Step Diary.....	165

A cartoon illustration of a wizard with a long white beard, wearing a blue robe and a yellow pointed hat with a red star. He is holding a wooden staff with a hook at the top. He has his arm around the shoulder of a young boy with brown hair, wearing a green t-shirt and orange pants. The background is a light blue sky.

FOREWORD

As a small child I was constantly berated if I did not ‘Stand up Straight’ and ‘Keep My Mouth Shut’ and at school the headmaster had a plywood cut out of a camel which was pointed at any child who sat with their back bent. Nowadays few children suffer this ignominy but the ratio of four year olds that spend the majority of the time with their mouths open, exceeds eighty percent.

Few parents realise the true extent that their child’s health can be damaged by such simple factors. As a surgeon it used to upset me to realise that just for the lack of this knowledge many attractive kids would grow up with plain faces and chronic health problems.

Patrick McKeown is doing his best to redress this in his colourful and tactful way and I would like to give him every encouragement. My orthodontic education was both strict and restrictive; extractions were considered inevitable and the possibilities of changing the growth of the face very limited. It was many years later that I discovered that much can be done by both treatment and especially persuasion to encourage children to create their own future.

Dr John Mew, orthodontist