Practice Good Oral Hygiene

Lifestyle Strategies For Positive Oral Health

Slow Deep Nasal Breathing



minutes can help you to:



Reduce Dental Anxiety



Promote Gum Health



Decrease Pain

Slow Deep Breathe

Try this as you wait. Pace your nasal breathing to BreathNote™music for 5 minutes and start feeling relaxed.



Scan or Visit BreathNote.com/proclinic-playlist Passkey: 1BREATH23

Mouth Breathing

can dry your gums and change your natural bacteria



promoting gum disease & tooth decay

Mouth Breathing Adversely Affects



Breath Odor



Facial Development In Children



Sleep Disorders

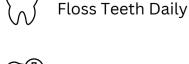


Eat a Well Balanced Died

Avoid Smoking



'Brush Twice Daily





Nose Breathe

Get Regular Check-Ups