

BOOKS RECOMMENDED BY



- **THE BABY-LED WEANING** by *Gill Rapley and Tracy Murkett*
The Essential Guide to Introducing Solid Foods-and Helping Your Baby to Grow Up a Happy and Confident Eater
- **THE OXYGEN ADVANTAGE** by *Patrick McKeown*
Learn about breathing techniques to improve your sleep, focus and concentration
- **CLOSE YOUR MOUTH** by *Patrick McKeown*
Buteyko Breathing Clinic self help manual
- **SLEEP, INTERRUPTED** by *Dr. Steven Y. Park*
Dr. Steven Park chronicles his 20 years of clinical experience helping patients sleep better and breathe better.
- **JAWS** by *Dr. Sandra Kahn and Dr. Paul R. Ehrlich*
The authors talk about a silent epidemic affecting our population, narrow jaws. They talk about the habits we need to be teaching children in order to develop muscles for healthy jaws and teeth.
- **6 FOOT TIGER, 3 FOOT CAGE** by *Dr. Felix Liao*
This book shows you how to start your health makeover with a wider airway for better sleep
- **THE TMJ HEALING PLAN** by *Cynthia Peterson PT*
Ten steps to relieving headaches, neck pain and jaw disorders
- **GOPEX GOOD ORAL POSTURE EXERCISES** by *Dr. Simon Wong and Dr. Sandra Kahn*
- **SOS FOR TOTS** by *Lawrence A. Kotlow DDS*
Learn more about tethered oral tissues, tongue-ties, lip-ties and available surgeries
- **YOUR JAWS YOUR LIFE** by *David C. Page, DDS*
The author, speaker, dental-medical researcher and practicing dentist in this unique alternative medicine reference book reveals how your teeth and jaws can affect your life.
- **GASP** by *Dr. Michael Gelb and Dr. Howard Hindin*
This is a fantastic book about our airway, breathing and sleep.