



Dr Cameron Arnold | Smile Dental

## guard your smile and finish first

Protect your teeth and improve your sports stats with the Pure Power Mouthguard.



You're no doubt familiar with the idea of using a mouthguard to protect your teeth. Or perhaps using an orthotic insole to correct a walking or posture problem? But what about a mouthguard that not only guards your smile, but also corrects your bite and improves your strength and balance! It sounds hard to swallow, but the Pure Power Mouthguard is producing jaw-dropping results in the sports world.

Readers of this column will be familiar with the term 'neuromuscular dentistry' (NMD) and how the wrong jaw position can cause all sorts of problems. I recently recounted the cases of two patients who, thanks to NMD, were finally able to say goodbye to migraines. The Pure Power Mouthguard, developed by Canadian dentist Dr Anil Makkar, works on the same principle. The breakthrough came when Dr Makkar noticed that NMD patients reported improvements in strength and balance too. Sports science also drew a link.

With the lower jaw slightly open and forward, breathing is easier, posture better, and the body more balanced. It's estimated that more than 90% of people are limited by improper physical alignment and residual muscular tension. So Dr Makkar applied precision NMD techniques to produce a mouthguard that doubled as a custom orthotic. The results speak for themselves. Athletes of many different sports, from golf to kickboxing, report improved strength, balance and range of motion using the Pure

Power Mouthguard. And this means a more powerful and precise tennis serve, footy kick, cricket strike, you name it...

We've recently fitted veteran Townsville triathlete Max Fegan with the Pure Power Mouthguard and his feedback has been fascinating. "I've used the mouthguard swimming, riding and running and have noticed one of the benefits is it opens up your airways," says Max. "I also think it helps your core strength and stability. I feel more balanced on the bike, and a lot more relaxed through the neck and shoulders — not tense like you normally are when racing."

Max recently won his age group in the Mooloolaba Triathlon and finished fourth overall in Julia Creek's Dirt and Dust event. Well done Max! We won't try to claim the credit for your hard work but we're glad to have helped your race.

So forget about gritting your teeth. If you want to improve your performance, the answer could be a more relaxed approach.

For more information, log onto the Pure Power Mouthguard website at [www.pppmouthguard.com](http://www.pppmouthguard.com).

**Material supplied by Dr Cameron Arnold, principal dentist at Smile Dental. [www.smiledental.com.au](http://www.smiledental.com.au)**