

## Pure Power Mouthguard

You'll never need to grit your teeth again

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?

The Pure Power Mouthguard employs the principles of neuromuscular dentistry. NMD patients often report improvements in strength and balance. 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.

The PPM applies precision NMD techniques to produce a mouthguard that doubles as a custom orthotic. Athletes of many different codes-from golf to kickboxing-report improved strength, balance and range of motion using the PPM. And this means a more powerful and precise tennis serve, footy kick, cricket strike ... you name it.

We fitted our patient and veteran Townsville triathlete Max Fegan with the PPM. You can read all about it-and hear Max's feedback-in our Duo column here.

See also ...

- Duo column: Guard your smile and finish first
- Neuromuscular dentistry

More info ...

- PPM website