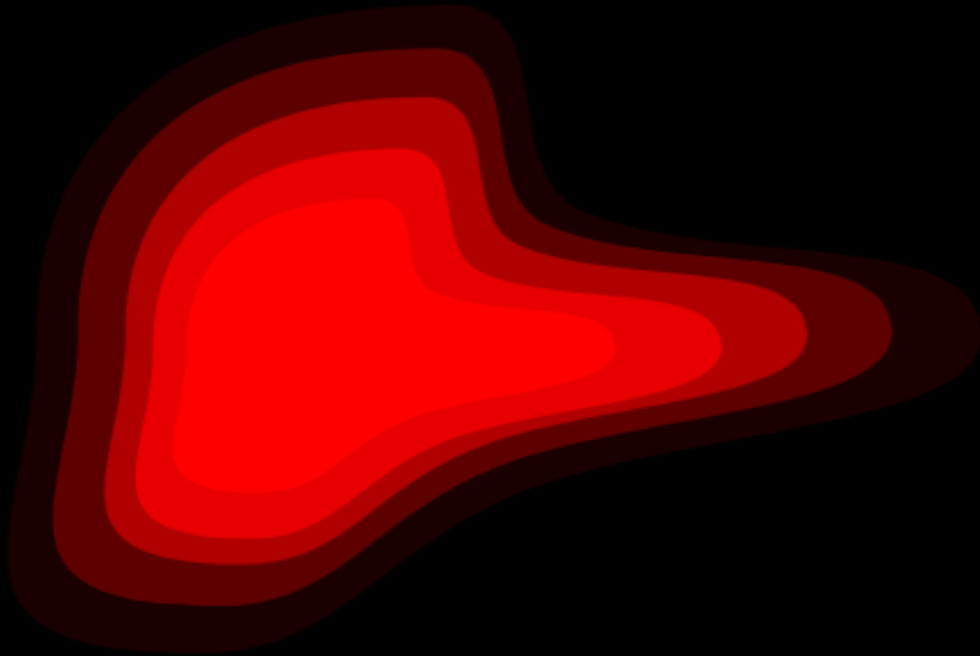




THE JAWTM METHOD



INTRODUCTION:

Congratulations, you've made it this far. Here, we'll reveal all the secrets you need to know to start building that aesthetic jawline you've always dreamed of.

You've saved yourself the uncertainty of knowing whether or not your habits are correct, and this guidebook outlines the exact methods that should be used to achieve that chiseled "Jawline" look...

The jaw is a bone, and when we are developing (and even after), having correct tongue posture via mewing is the #1 factor that'll help you achieve that DREAM jawline.

There are several factors, however, that the mainstream doesn't uncover about mewing. They don't want YOU knowing.

Here, I'll explain all, so you can rest assured.

QUICK SUMMARY:

The 5 factors that must be considered are tongue posture, body posture, teeth posture, nutritional intake and sleep.

Each is of equal importance, and the posture of your teeth, tongue and body ensure forward growth from a young age. As well, sleep posture ensures that you don't end up with an uneven face, or other health complications (sleeping on your side can cause breakouts!).

Nutritional intake just ensures that you don't obtain a bloated look, this enables you to see the TRUE bone structure of your jaw, and enables your cheekbones to stand out. This is an extremely hard thing to perfect in the modern world, as the estrogenic nature of foods today means that many people obtain facial fat easily, and don't lose it until they're in their 50s.

TONGUE POSTURE:

Have your whole tongue rest against the palate with the tip of the tongue resting against the incisive papilla (tip).

Make sure the tip of your tongue isn't touching the central and lateral incisors.

You will have to retract your tongue to fit your whole tongue against the palate if your whole tongue doesn't fit against the palate.

If your palate is too narrow to have the whole tongue resting against it, you should thumb pull and/or get a palatal expander before mewing.

If you can't breathe with proper tongue posture, let the back of your tongue rest against the palate in repetitions, after 1 repetition, let as little of your tongue drop down, starting from the back, until you can breathe properly, and repeat, your resting tongue posture in the meantime while you can't breathe comfortably is to let as little of your tongue

drop down, starting from the back, until you can breathe comfortably.

To get into the proper tongue position, do the following: say the letter N to touch your incisive papilla is.

Say any word that ends with -ng to get the middle and back thirds of the tongue against the palate.

If that doesn't work, let the tip of your tongue rest against the incisive papilla and have your teeth together/slightly apart and your lips closed, and without moving your teeth, swallow without letting the tip of your tongue slide forwards.

When doing the -ng or swallow method, do it while your jaw is closed.

BODY POSTURE:

Body posture and tongue posture go hand in hand.

A quick fix to get proper posture is to do the following: keep your back straight by looking at your hands, you should have a neutral hand grip with no supination and pronation without using any forearm/biceps/shoulder muscle to pronate/supinate it.

Correct your hand position by moving your back. The middle of your neck should be aligned with the middle of your shoulders (think of a vertical line running across the middle of your shoulders, it should be aligned with another vertical line running across the middle of your neck.)

Keep a neutral pelvic tilt. Your feet and knees should be parallel to each other when standing. You can manspread when sitting though. Your knees and elbows should be relaxed.

When you look down, rotate your head instead of looking down using your neck. You should stretch tight muscles and strengthen weak muscles for this posture to feel natural.

Sleeping posture matters, try to sleep with no pillow or a very thin pillow, and sleep on your side.

Water beds/dry flotation beds with no pillow might (not 100% certain) be better than sleeping with a very thin pillow or no pillow on a normal mattress. Don't sleep with your hand under your pillow/jaw/cheekbones.

Have a pillow between your legs and make sure your ankle is at a 90° angle. You will naturally change your sleeping position when sleeping, to keep your body in a proper posture when sleeping you should wear a heavy backpack on your back to avoid changing your sleep position.

Alternate sides to prevent asymmetry.

Sitting/eating posture matters too, sit in a chair where your hips are above your knee. Make sure you have nothing inside your back pocket.

Bring your food to you by using your arms instead of slouching to bring your face to the food. Make sure your elbows are always off the table, this is also known as the

TEETH POSTURE:

Your upper molars and lower molars should be resting together (or as close as possible...

...without the teeth touching any gum tissue if you have malocclusion) in light pressure for roughly 6 hours a day.

(1st theory says which direction of pressure is best for getting forward growth).

For the rest of the day, your molars should be apart by no more than 4mm (or more if your teeth still touch gum tissue).

LIP SEAL:

Your lips should be in a lip seal.

Try your best to have as little mentalis muscle engagement as possible.

If your lips open when you are sleeping, you should tape your lips shut.

CHEWING TRICKS:

Tongue/jaw: you should only be using your tongue and jaw (this includes lateral jaw movement) to move the bolus instead of using your cheek muscles. This gives the appearance of hollow cheekbones.

Lips: your lips should always be closed when chewing. When you have to press down your mandible hard when chewing a large piece of food, focus on using the orbicularis oris instead of the cheek muscles.

A good way to test if you are using the orbicularis oris instead of the cheek muscles when pressing down the mandible hard is to do the following: put your finger (clean) inside your mouth, outside your teeth, and press down your mandible hard.

Your lips should be closed when doing this, except your finger will be inside your mouth when doing so. Feel the cheek muscles, they should not be working.

The muscle that should be working instead is the muscle that encircles the lips, which is known as the orbicularis oris.

Teeth: use your molars and premolars to chew the food.

(second theory says this may not be the best way of using the teeth when chewing for most people)

Chew the food until it is completely broken down, this enables masseter growth which adds muscular volume to the jawline.

SWALLOWING TRICKS:

Lips: When swallowing solid foods, make sure your lips are sealed.

When drinking liquids from a cup/drinking fountain, you may have your lips slightly open (optional), having the liquid flow to your mouth, and swallow using the 1st swallow until you have to use the tongue sweep, where you should have your lips sealed.

When drinking liquids from a straw, make sure your lips are sealed.

When swallowing saliva, make sure your lips are sealed.

Teeth: Your teeth should touch (pressure depends on what is most comfortable) when swallowing.

If you have to use a straw when drinking, bite down on the straw (pressure depends on the material, Plastic - medium/hard, metal - medium/hard, paper - light) to reduce activation of the cheek muscles.

Facial musculature: No facial musculature should be used when swallowing.

This will be hard at first, it will get easier as you progress through.

Do the following if you are a beginner:

Take a small sip of water into your mouth. Smile, showing as many teeth as you can, raise your eyebrows as much as you can, then, swallow using the 1st swallow and also using the tongue sweep.

Lips should still be open while swallowing here. It's okay if water falls down from your mouth.

This swallow is known as the “very cheesy swallow”.

You will have to master this before you progress into the next swallow.

Do the following if you are ready to progress into the proper adult swallow:

Take a small sip of water into your mouth.

Seal your lips, then, swallow using the 1st swallow and also using the tongue sweep without having any facial musculature move.

Your lips/cheeks may move because you had an infantile tongue thrust swallow in the past, this is okay.

Once you master this swallow, you can now do the proper swallow.

This swallow is known as the “Mona Lisa swallow” which is the proper way of swallowing.

NUTRITIONAL IMPORTANCE:

It’s important that we debloat the face, so that you can see your jawline and cheekbones more.

The previous tips all focussed on obtaining the jawline, now these ones focus on how to show it off.

#1 - Potassium:

One of the first things you can do to fix your bloating is to increase your potassium levels.

High levels of potassium encourages your body to remove the sodium (one of the biggest culprits of bloating) out of the body.

It's a naturally-occurring diuretic (A diuretic is an agent that removes sodium out of the body).

The foods with the highest amounts of potassium are... (the ones in bold are my recommendations):

Avocados

Potatoes

Greens

Spinach

Mushrooms

Lima beans

Peas

Tomatoes, tomato juice and tomato sauce

Oranges and orange juice

Cantaloupe and honeydew melon

Grapefruit and grapefruit juice (talk to your healthcare provider if you're taking a cholesterol-lowering drug)

Prunes and prune juice (This stuff is disgusting, and it's a laxative as well)

Apricots and apricot juice

Raisins and dates

Fat-free or low-fat (1 percent) milk

Fat-free yogurt

Halibut

Tuna

Molasses

Watermelon (Added this myself)

Coconut Water (I added this one myself)

You could also take liquid potassium supplements as well. Liquid supplements have a higher bioavailability (meaning more of it reaches your bloodstream), compared to pill-form potassium.

#2 - Sodium & SALTS:

Both carbohydrates (especially refined carbohydrates) and excess sugars (especially added sugars) which both turn to glucose, have bloating effects on your body as they spike your blood sugar.

One thing that carbohydrates like sugar (glucose) do is that it draws water from your body, or prevents it from being absorbed properly.

Sodium on the other hand literally leeches water like a sponge.