# Integrative Myofunctional Therapy
## Center for Orofacial Myofunctional Learning

How to Unblock Your Nose in 5 Easy Steps

1.  Take 3-5 normal breaths and relax. When you're ready, DURING THE EXHALE, pinch your nose and hold your breath.

2.  Keep your nose pinched and hold your breath until you begin to feel your lungs "hunger for air".

3.  When you can't stand it anymore, let go of your pinched nose and inhale ONLY THROUGH YOUR NOSE!!

4.  No matter how difficult it is, or nasty it sounds, make sure to only breathe through your nose!   Keep doing this for about 15-20 breathes or until your breathing returns to normal.

5.  Repeat the above four steps, 3-5 times.