



MMA Vol. 8 Do You Breathe through Mouth or Nose?

Do you breathe through your nose or mouth?

If you breathe through your mouth, you may have a chronic disease?

Today I would like to talk about the dangers of mouth breathing.

Essentially we have to breathe through our nose because the nose is the entrance of the respiratory system and the mouth is the entrance of food.

Being able to breathe through the mouth is a kind of defect of our body.

Other animals can't breathe through the mouth.

Now why is it dangerous to breathe through the mouth?

The nose is a kind of filter so it removes harmful substances in the air and makes the air properly warm and moist so that the lungs can easily absorb oxygen.

On the other hand, if you breathe through the mouth which is not a part of the respiratory system, cold and dry air makes the tonsils cold and a lot of bacteria are taken in and spread out all over the body by the white blood cells.

Mouth breathing can be one of the causes of various kinds of diseases which are said to be difficult to cure in western medicine such as collagen diseases, ulcerative colitis, atopic dermatitis, asthma, behcet's disease, rheumatoid arthritis, thyroid problems, etc.

If you snore, please be careful because snoring is a simple sign of mouth breathing.