Chewing, Brain Development, and the Power of Myo Munchee with Mary Bourke Transcript

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Introduction to Chewing and Brain Health

It's that combination of chewing and swallowing. I'm just fascinated from this higher level brain development. So it's such important work to get right early on.

Fascinating. It is a really big deal. My biggest mission is to try and get the information to the parents so they can make a different choice. Hello and welcome to Root to Rise.

My name is Dr. Emily Spickle and I have an incredible episode for you today. We are going to be talking about a subject that you might be a little bit surprised about at first, but it is going eye opening, fascinating, and we are talking about chewing.

Yes, chewing and how we understand how important this is for optimizing brain function and actually unlocking longevity. So my guest today is Dr. Mary Burke.

She is a chiropractor and a clinical advisor for MyoMunchy. She is a practicing physician and she has a passion for the lifelong benefits of chewing. Welcome, Mary, and thank you so much for being part of the Ritualize podcast.

Such a pleasure to be here with you, Emily. So thank Absolutely. So I want to kick it off by just right away asking why chewing? What is so powerful about chewing and why are you so focused on this in your career?

Well, it's been a really interesting thing to discover. It's being actually a fantastic journey of discovery over the last 10 years, really, because my father invented this device, which was a chewing device.

And so I grew up with this thing called the Myomunchie. So we all just kind of took it for granted. But then in my chiropractic, professional career. I've been really interested in early developmental milestone movements and the way they impact brain growth, development, function, how we are as humans functioning in the world.

And I started to realize that chewing was one of those movements we have to do. As humans, we to chew and for children, they have chew to get the optimal function development for facial growth.

But as well as all this amazing profound brain benefit. and then through the lifespan. So it's more and more that I go along and I'm like, oh wow, there's benefits, more benefits.

Why Chewing Matters for Development

It is just the most mind blowing, this simple activity to do, but has so many benefits So what do you think is changing in modern society, even lifestyle, processed food?

What is change in chewing behaviors from children to old in which people would actually benefit from the myomunchie? Well, it's changed across all groups.

But if we think about the biggest impact is with the children, because it is a necessary movement for the development of the faculty. So chewing is how we grow that strength and stability into the jaws, so then we can feed for feeding and for speech.

They're such profoundly important parts of our human life. how we are able to chew, swallow, breathe. Who knew that that was actually an amazing skill you need in life?

So chew swallow breathe is something that enables us to function really well through our lifespan. But for children, it's those same muscle groups that they're using for that functional synchrony of chew-swallow-breathe that are the same muscles that keep your airway open at night.

And that's something we're really seeing With children, well, we're seeing it across lifespan, sleep apnea, issues around sleep disturbance. And we are seeing that with children.

But it's that functional movement. So what's happened quite quickly in our human evolution is we've stopped Chewing, much of our food. Most of out food is pre-digested for us.

So all our flowers are ground down and most of the things we're eating, even if they're nutritionally really well balanced and great, they still are missing that opportunity to really activate fully that chewing potential.

And so that's what's I think changed So suddenly, really over the last 20 to 30 years and more even in the five years to 10 years, we're seeing less and less opportunity for these incidental movements for chewing just naturally as we should have been for the meals.

That's how we shouldn't be exercising our lips and face and jaws. Every time we eat, We should be activating and doing all of that. But because we're not getting that opportunity, similar to movement in general, as you'd be well aware, we have to now go and do exercise and go to the gym and, do these things to try and get the body and the posture functioning.

So what really is the correlation between chewing, the act of chewing for a child or even an adult, and the airway? So, what's that bridge? I understand that you have your chewing muscles like the masseter and things like that, but just a little bit deeper, does it have to do with the tongue?

Yeah, yeah, absolutely. And that's kind of what happens. You chew and then the tongue lateralizes and starts to get involved to manage the food. Then it's that action of swallowing where you use the base of the Tongue that really activates the upper airway area.

So the soft palate and what we call the pharyngeal walls. That action is what should happen. Yes, the chewing is the first part. It should then bring the tongue into activation with the lips together and the nasal breathing all of it should then that upper airway activity controls that bolus as it goes down.

So there's these different parts of the swallow and that's where it really comes into action. It's the action of swallowing that is the thing.

Chewing, Swallowing, and the Airway

So is the effect of the chewing really the action of swallowing that is activating different muscles? That's really that power that you're unlocking? Yeah, both.

It's that combination of chewing and swalling. Chewing and swallow. Very different to just sucking and swallowed. Got it. Okay. So let's say because of changes in food and lifestyle and developmental and all of this, that you're not achieving sufficient chewing.

What implication does that have then on posture, motor development, and then cognition in these younger individuals? Yeah. Well, particularly if you think about, have you ever heard of The functional matrix, the idea of the functional of matrix of growth, where for the eye socket, it's the eyeball, a movement of eyeball that'll create the forces to optimize.

And the same with the brain. It's brain that's creating the force that are going, you know, growth of brain for a skull. The function matrix for this, for mouth and the lower third of face there is chewing, tongue function and nasal breathing.

So that's what's going to grow the face and the when the baby's born, we see their little tiny face and all head, aren't they? They're like little aliens because they're all about this big head.

So they've got to grow the face, and an enormous amount of facial growth occurs in that first four to six years, like 80% by the time they six, of this airway and facial, growth is starting to come in.

And so it's really an important time and essential time to establish these functional movements. And that's what I think is the big problem we've got right now.

When we first arrive in the world as babies, the brain stem is what's active. We have The wiring is there for the lower third of the face for suck, swallow, breathe for that action to start the breastfeeding.

And then we have these primitive reflexes, these reflex is that babies are born with that enable those first movements to stop occurring. So over that first three to four months of life, those reflex are controlling the activities.

and so there's lots of oral reflexes too. And so that's enabling all of the activity for the baby to get that really good optimal suck-swallow breathe.

But suck swallow breathe is the very first foundational movement, essential movements of human function and everything else comes up from that. So for those little babies who've struggled to breastfeed and coordinate that first that first synchrony of movement, there's gonna be little glitches in the system moving forward because that's such a foundational piece.

And all of the other developmental aspects of our physiological processes of what we do each day, like chewing, swallowing, breathing, as well as things like learning are all anchored into the same brain development.

So you'll often find that there's the children with the low tone or the issues around some of this early development, some motor milestones that were missed, and then it starts to correlate with some the learning and behavioural issues.

So there is quite a strong correlation there with these early foundational movements, primitive reflexes being retained and how it plays out in some other brain functions, cognitive abilities, either behaviour or learning or both.

So it's such important work to get right early on and things like picky eating can be lack of exposure to early there's moments in time when the brain's ready for things and this is what we have to be aware of say for example chewing.

Early Feeding, Reflexes, and Picky Eating

Chewing is brain is ready for it and around four to five months it starts being they want to act so it's all the chew toys the babies are really mouthing everything they're putting it this is where they and that's integrating there was a reflex there that created the chomping that is reflexive but then they start to chew and this the normal time so around that five to six months of age, six month, they're ready for solids to be introduced because the faculty of chewing's ready and the brain is ready.

And it's learning how to get that tongue moving sideways and that the teeth are coming in, all that sort of stuff, so they are ready to managed and brain ready as well as the baby developmentally age-wise.

So they kind of correlate. But if you don't bring in an exposure or an opportunity, an input, for them to get that experience, the brain's sitting there still waiting.

And so if you don't activate into the chewing and you keep them on the sucking and your only give them purees and the sucky pouches, and all the things like that, The brain is missing this moment.

Yeah. and that's where some of these things, like picky eating, for example, can end up being a big issue because

the bra didn't quite grab the information that told us it was safe, it's okay, It's interesting.

all the things that we want to see around feeding, different to toddler behavioural stuff when they're just exerting their presence. This is more the brain and the physiology getting the right input at the time so that it lays down the next bit of information.

Yeah. So what is that's fascinating. I wish I knew all of this when I was my daughter was a baby. What is the impact then on prolonged bottles and chronic use of pacifiers.

Sometimes I see, I think like three-year-olds or even four- year-old using a pacifier and not only from just like a motor, it's plugging up the mouth that they can't speak, but I'm just fascinated from this higher level brain development of your perspective from the chewing side.

It is a really big thing and we have looked at the research because I am super, that's probably my biggest mission is to try and get the information to the parents so they can make a different choice because it is really a big deal if you're limiting the inputs that can come in and that is what those pacifiers are doing.

So, and the researched that we did a review of the literature that exists around use of pacifies and it goes across the board, there's lots of psychological impacts as well as all the obvious malocclusion and oral dysfunction that we see.

But the biggest thing that I think, and so these things like obesity, there's correlations with obesity. There's big correlates with ear infections. It's a big correlation with speech.

Is lots of reasons why you would really want to, what the research said was by 12 to 18 months you have to have it out. If you continue after that, you will get symptoms.

There's definitely signs of dysfunction before that, though. But the biggest one, I think, is self-regulation, our ability to self regulate. When we're using, when the parents are using the, and obviously that tool works for the child and for parents as well.

There's a reason why the children's staying with it and the parent's using it, struggling to get it off them. But the self-regulation is the thing. They have to learn to self regulate at some point in their life.

And in an ideal world, every time we swallow, our tongue should go up to our palate and it should hit the soft palate, aponeurosis. And that's where vagal innovation, vaginal tone, a lot of people are aware of that as a concept.

So every time we swallow, we should access our vagant tone. When you put a pacifier in there, it's probably enabling them to access it. But when it is not in, they can't access.

And so they're not learning how to get that ideal function. It's a prop. that they're using and they are very clever and that's probably what they doing, why it makes them feel good, because it enables them to access this neurology that I can't get because their tongue is not functioning.

But they not going to get better tongue function because the pacifier pushes the tongue down, trains it to sit low. And so the time it's low and the mouth breathing pattern then is the common thing.

So nasal breathing and correct swallow pattern gives your neurology really good input. And that's what we're dealing with a lot of the time with the kids is mouth breathing patterns, poor swallow, as well as some low tone and different things there that are making it complex.

But that for me is probably the biggest thing that I think we don't realise is the impact that it's having on the child's ability to access their own, which they've got to learn at some point.

They have to. And we're just putting off the inevitable and we need to understand how much we've got to support

them to do it with these three and four year olds who are using that as a prop.

We've gotta help them. And the same with the thumb. The thumb is very much, they're clever. They're using it to create an input that they need. because something's not quite working as it should.

Right, right. So can you, kind of on that same topic with the vagus nerve, because I think that this is really fascinating and I know that it's something that I speak about a lot in my work, is the role of the Vagus nerve.

But from your perspective, Because the Vegas nerve is so highly concentrated around the jaw and facial expressions and the ear and muscle tone around the ear.

Pacifiers, Thumb Sucking, and Self-Regulation

So just kind of a little bit more on that, like teeth, chewing, clenching, vagus nerve. What does that mean to you? Yeah. Um, so I guess it's that cranial nerves, thinking about the 12 cranio nerves and the vagis nerve being number 10. and the trigeminal nerve being number five, and that's the biggest one, that all the chewing.

So it's trying to get these inputs in balance and relationship to each other. We've got olfactory, we've visual, the balance centers, all these sensory inputs that are coming in.

I guess I think about Yeah, really being aware of all of that different input and how in an ideal world, it all gets input. And then the vagus is that system that, and understanding how we can access it.

I guess that's the thing. That's, the system, that is involved in everything. The wandering nerve, It's all over digestion. It starts right up here in the mouth.

and it's such an enormous system. that can get involved with so much. But I'm trying to say that with the trigeminal, that bruxing and grinding and clenching will tell you that vagal tone is not online.

So if you get- Why is that though? Is that a- Because it's overriding, the trigeminals are overwriting the base. Okay. It's looking at, and so say for example, with the munchy, if people are wanting to, who clenchers and grinders, I'd say just use it passively.

and start with trying to get that swallow working, because then you get access to that vagus, get the nasal breathing, and then maybe some olfactory, maybe pulling some, you know, some essential oils or something.

Okay. Where you can bring some other things online, but trying access that, that Vagus when it's been overridden by the by the trigeminal or the sympathetic nervous system response, which is going to be driving that trigiminal.

But with being able to access it, like there's a lot of really any of the cranial work, sort of cranio balancing, any do any work with the posture pole or the Pilates roller, lying lengthwise on that, with your head on there and your sacrum on it, accessing that parasympathetic nervous system, and that gives you really good access to vagal tone by getting occipital base compression.

sort of there's lots of things we can do and then around the face itself you can get really good feedback and input into that area. If you think about facial nerves a lot of that touch and in the trigeminal like touch a, lot, of the touch is the sensory input so getting a.

Lot of. That sensory. Input can really give really. Good feedback into the brain stem around those cranial nerves to help improve the balance so it's not all that motor input coming out and then that's allowing the vagus nerve to come back online yeah yeah so to try to bring all of that into balance and yet using some of those other cranial nerves because they're all in barrage next to each other in the brain stem they were all localized so anything you can put in there as input in that tongue area, because the hypoglossus is right next door to the vagus.

That's number 11, and vagis number 10. So any of the swallow, the glossobaryngeles, number nine, so that they all

have a lot of cross, cross innovation as well, Because they're so vitally important, you'll get a bit of crossover in some of those actions.

And so you will get some that access aswell. Great, love that. So I know we spoke a lot about children. I want to go to the other end of the spectrum.

And as we get older, the benefits or why focusing on chewing is so important, let's say in the latter couple decades of life. Yeah, it's kind of interesting, isn't it?

It's the earlys and the end where we need to really focus on these things. Definitely for maintaining oral health and balance, so keeping teeth well rooted into the bone, keeping gum health.

This is how we kept all of that working really well. And interestingly, when my father, who invented this concept and idea way back, 1960s, he found the jawbone of an Indigenous Australian in 1960's Australia and it had a very, very dense bone.

Mandible bone and the teeth were still very firmly rooted in to the bones. When what we see now as people are getting older is they're losing teeth, they are cracking teeth root canals.

Vagus Nerve, Cranial Nerves, and Oral Function

you know, having to get implants, all sorts of massive dental work needing to be done. And that's a lot of that because of this lack of chewing functionality.

So similar to hip replacements and all the things we're seeing in the body as well, because all those lack, of those foundational movements like squatting.

so the countries that do all this squat and don't have all of the hip replacement, it's us that sit all day. The same is happening with the teeth and jaws and the bone.

to hold the teeth is not being held as well because we're not using it. If you don't use it, you lose it that kind of concept of bony density and function.

So chewing as we get older really important for keeping that old stable and functioning well. But as for that airway we talked about earlier with children, Airway stability, it's your jaw that's propping and holding that airway open.

So if you lose teeth and if lose stability in your jaws, and flaccid tone, much more likely to drop back into the air way. Okay. We need to keep tone and function in our lips, jaws and tongue.

And so we wanna keep that all. That's really important. Then the swallow, once again. keep chewing, keep that chew, swallow, breathe active and functioning so we can keep swallowing because that's a really big thing when we lose our ability to swallow.

It's massive for, you can't actually survive if you cant swallow So it's yeah a really big one. And then for particularly for women so I'm trying to avoid the menopause topic just for myself.

Trying to void the the Menopausus I am going a little bit older. So when I was in my early 40s I had Invisalign and at that time the orthodontist said oh he gets the second wave of patients going for orthodontics when we get a little bit older and we start to lose bone density in our jaw and in your face and then the teeth shift so there's a second wave of ortho dentists but then also around women and menopause where the estrogen levels are going down which then can cause changes in collagen and facial changes and connective tissue.

So do you do advocacy around that or speak about how this particularly helps women who are going through menopause and postmenopausal? Now, I don't specifically, but I have some colleagues who do and they use the Munchie.

That's part of what they do. And they run a program with FaceGym for facial aesthetics. Okay. They very much use and recommend the munchy within their programs, absolutely, to keep that tone, function, circulation.

bone stability, all the benefits there of keeping the system as well engaged as you can. But yes, it's definitely something that worth looking at, absolutely.

And I think anyone who's having any of the Invisalign or any protocols around teeth. The teeth are often telling us things and so if we can see that as an indicator of oh okay maybe my tongue's not sitting up on the palate because the tongue at rest should be sitting on palette and when it does that's providing natural arch expansion and keeping that natural arch form there.

So if we can keep that nasal breathing, correct swallow working, we've got a much better chance of keeping those teeth where they are. And in an ideal world, the teeth should be in relationship to the body posture and the way we, every other part is balancing.

That's why it'd be super interesting to look at the feet in relation to, for the jaws and teeth and how we could help impact that too. If we do work with the teeth to get them in perfect alignment, to keep them there can be a big challenge.

And that's where they often put a metal bar in there to hold them because they're not in perfectly alignment and relationship to the skull bones, the upper cervical spine, shoulders, posture, diaphragm, feet, all of it.

So in an ideal world, we want our dentists to be making sure that person that they're working with, when they are looking at the teeth, has had some really good work and is in really alignment, which I'm sure you were when you had yours done, because that's who you are in the world.

Chewing Benefits Across Aging and Menopause

That's what everybody needs to do. You need to get every other piece of you in place so that those teeth land into the right relationship. Otherwise, you're pushing against it, because definitely what I have seen in practice is, like you say, the 40s, people are going to get Invisalign without really good work done around it.

You then get a perfect smile, but you will often end up with people with upper cervical discomfort, other issues that start to show up where you go, A little bit of a transfer stress, right?

It has to go somewhere. What was fascinating with women and the post-menopausal women is there's a condition called an adult acquired flat foot, more prevalent in women, women who are post menopause, and they will, because of estrogen changes, have this unilateral dropping of the arch to a dramatic overpronation because one of the tendons called the posterior tibialis starts to lengthen and eventually tears in these women, which is more prevalent.

So that would be a fascinating study to see what is the effect all the way up into the jaw and the teeth alignment. because there's all these amazing relationships through the body.

And that's a fantastic, and that what we need to see is the observations and the clinical patterns we start to say, which then tell us, ah, that interesting.

If we, certainly with the munchy, there is dentists who are really big picture thinking and they know that if they put little bit of silicon like in one of them he talks he goes oh I'm not interested in teeth anymore I am only interested oh someone with a hip pain or a problem where in your body are you feeling pain and then he'll just do something really simple with their occlusion like just put a folded up card business card and he will go now walk and they go oh My hip doesn't hurt anymore.

And he goes, ah, see? So it is so interesting, these relationships in the, and not that that's necessarily a long-term solution, but it tells you that there's a circuit there that not linked up, that it's got some aberrant information coming

in this.

creating a problem. And just the validity of the integrated nature of human body, that everything is connected and we really need to be working multi-specialty, not in silos, the more that we work together.

Yeah, and just getting so much more curious about, why is that happening? and then really tapping back to, when did it start? Hmm. And so, yeah, I think it's exciting.

It's an exciting time to be a health professional because you can really think laterally. So for me as a chiropractor, i spend most of my time in the oral space these days talking with people around this, but the chiropractic view of the world has given me the lens to understand all these different applications for this product that came out of a dental sphere.

Yeah, I love that. I have a question that I'm sure some of the listeners are curious about. What about gum? What About Gum? That's right. That is true.

It's chewing and it does have benefit, but it's always the same side and you will tend to be reinforcing your same chew pattern. And so if you are going to chew gum and like chewing gum, make sure you chew it very consciously.

Chew on this side, chew in the front, and chew on that side. Move it all around. Really, it can be a great exercise to do for your tongue and get some good salivary production, but it generally doesn't last long enough and generally the chewing effort doesn t.

Yeah, so it's a useful tool, But it s not the same as the Myomunchee, for example, which is bilateral chewing, has those little prongs, produces a lot of saliva and a big effort for chew.

So it's yet, but yet no problems with chewing gum, unfortunately they won't give you the chewing exercise you need. Alas. Chewing gum doesn't make you smarter.

Interesting, there's studies on chewing for brain alertness and concentration. So I might not make you smarter, but it might make me more focused. I love it.

That's definitely something that, you know, and that's what we do know about chewing a munchie. We've done some studies around brain activation that occurs when you, it was really cool to see how the brain stayed lit up in those focus concentration areas after chewing.

So yeah, chewing is a good thing. But yeah. You know I'm not going to tell all, I think there's a chewing gum mastic which is like a more of a natural gum that comes from a tree or something, and it's quite hard and takes a lot of effort.

And the other thing about chewing, you've got to be careful you don't overwork those masseters, because I do see those gym device things for chiselling the jaws and things.

Yeah, I'm a little bit hesitant of those. Well, those probably don't activate the same swallow that I know Myomunchie does. No, that's right, and the chewing gum doesn't necessarily because you're in the pattern.

But if you can be super conscious with it, if knew what you were trying to feel, you could utilise gum in a useful way. Great. Well, I want to talk about specifically Maya Munchy.

And you had sent one to me and my daughter. My daughter is five years old. I'm very curious for her. So what we're doing, we started doing this, is that we do it together every night before she goes to bed and we time it to ease into this for hers.

We're at two minutes doing it every day. and we are reinforcing the Chew Suck Swallow. She's also using Toothpillow, which I know you work with. So she's doing that, she has a little nose breather.

We're very into optimizing my daughter's brain development and breathing. But I would love if you could share with the listeners just a bit about the device, what it looks like, how to use it, and how do they get started, just really the best formula around it.

Yeah, so I will show you. It's a little, that's what it's like. Like a flexible silicon mouth guard. Looks like a mouthguard. Yeah, little prongs all through, which you know all about because you've got them on your neboso products, the little problems.

How MyoMunchy Works and How to Use It

They are beneficial for lots of different reasons. But the original premise of them was for cleaning the oral cavity. So for a couple of minutes of chewing, you will get really good massaging of the gums and teeth and really solid reproduction and cleaning.

What's really helpful for children, that's a children's one. So that what we call a mini. And that for ages, say two to five. Then we move up to the junior and we do have a device for babies as well.

The idea is, it's perfectly what you're saying. If you do it with your child, there's benefits for adults aswell. It's not just for the children. Its beneficial across the lifespan.

it just happens to be my passion to want the child to get the best facial development. Small amounts of doing something really well, the brain loves that because it can learn it.

So like you're saying with your daughter, two minutes is powerful. Two minutes of lips together, chewing, swallowing, nasal breathing, starts to create a neural circuit that can then be utilized every time they chew, swallow, breathe their food.

For a child, your daughter's five. Yeah. So in an ideal world, we'd probably want twice a day for five minutes as the ultimate aim of the game of what she'd do.

Okay. But not for a very, because she's doing tooth pillow. She's getting that nighttime arch form work. What we want to do is activate and get her system really activated and Get Chew, Swallow, Breathe working.

so that she can then do that during the day. So doing that, building up, getting really good at it. And then you can tape it back and just do it once a day while you're doing your nighttime work as well.

Because once you get the action, you then use it every time, but you've got to learn the actions for a start. You've gotta do an intensive period for getting the neurology to really activate.

and then start to integrate. If there were any of those retained reflexes, you want to make sure there's an integration phase where the brain really gets rid of that, gets this new piece happening.

And then you're working towards stability and long-term and that's what you doing with the tooth pillow. Creating the space, getting the tongue in the right place so that she goes through life having gained, so she will gain a situation where her body, it's in conjunction with everything else in her, because she's grown into it.

And that's why we don't want to wait with children's teeth. We want the body to grow and the brain to go to that neurology and to all of that because what they were doing traditionally with orthodontics was waiting till all the teeth came in and then you pull them out and you're just putting the tooth in relationship to nothing else because there's no growth left in the system to adapt.

So it's perfect what you're doing. Yeah. No, I'm excited to see the benefit and because it is two minutes and I am doing it and she's doing that, and give her a foot massage while doing this.

And that's the big life. Stimulating, chewing, get the vagus nerve. Excellent. It's finding the things that the child

responds to. And that's what I want people to know.

That three minutes or four minutes you spend with your child chewing, make it the most important. It is one of the important things you'll do that day because it's crazy how we're so busy.

We don't spend the time to realise that these things actually are even more important than, you know, I'm not going to say more importantly than their homework, but as important as their home work.

Because once they've got it on board, their foundational skills for life. Absolutely. So thank you. Excellent. Well, thank. You so much, Mary. It has been, I I'm completely fascinated in this conversation.

I know my specialty is all the way down at the feet, but I am so fascinated with, with the face and oral facial development. Um, is there anything that I should have asked you that?

I didn't do that. That you wanted to share or any last little notes, tips, tricks that you want to show with listeners? Let me think. No, I think we've covered lots of good things there.

Yeah. Just to, probably just the thing to say is, yeah, they just, which I already did say, the teeth are telling you things. So if you can see your children's teeth, or your own teeth as you say and not, what other inputs can you put into the system to help facilitate and it's just empowering once again, their own innate physiology We're all born to have perfect balanced jaws, and that's what's interesting.

That's not playing out right now, it is these epigenetic environmental factors. There are no genes for crooked teeth. It's a not a genetic thing. We are a few generations down now in the compromise, so it may well look like, oh, my dad had teeth like that, I've got teeth that.

But in fact, its not genetic. It's not a gene thing that's coming through, it's the environment. And so we can do a lot. We can a do lot to shift the trajectory.

Yeah. Well, I absolutely love it. I think everyone should get a MyoMunchy, do your chewing at night, two to five minutes. Where can people get Myomunchie?

Is it prescribed? Yeah, just www.myomunchi.com. M-Y-O Munchi with a double E. We're Munching with double A. And yeah, we're global. You can get us anywhere around the world.

and we have a lot of fantastic practitioners who are using our products in their protocols. in dental protocols, but also speech, myofunctional therapy, chiropractors, OTs.

Lots of people are now understanding the power of chewing, and this is a really useful tool and device. But you can just use one for the benefits of chewy.

Just chew five minutes a day. Keep it in the shower, keep it the kitchen. I chew mine when I'm cooking dinner. That kind of thing, just pop it. It goes through phases.

I'm inspired. Take it back up again. Yeah. I hope that the listeners are inspired and I found a quote to wrap this all up. So chewing is more than eating.

It is training for the brain. Every bite is an investment in longevity. Thank you all so much.