

## **The Number 1 Way to Stop Snoring**

Snoring is one of the most common health problems today. If you or your spouse snores, you are one of 23% of all couples that suffer from this terrible condition.

It's not just the irritation of the snoring sound or how draining it is to stay awake all night long listening to a partner snore (it's the most common form of Insomnia). The worst part is risking you or your partner's life by being tired all day long.

You know that it can be life threatening when you lose focus driving in heavy traffic or crossing the street.

Your and your partner's health is also in danger from snoring. Heart attacks, nervous breakdowns and strokes are only three examples of conditions affected by snoring and lack of sleep. Not to mention that bad snoring can be an indication of an even more serious condition called sleep apnea.

You've probably tried several things to eliminate this devastating condition. You would probably do anything to have a good nights sleep, but you haven't had any success, have you?

### **So Lets Look at What Causes This Horrible Condition in Your Life**

There is only one underlying cause for snoring. There is always some kind of blockage in the breathing passages, which make the airflow irregular.

The irregular airflow causes the soft tissues in the breathing passages to flap. And that flap causes the snoring sound. It's like a door slamming open and closed in the wind.

The trouble with curing snoring is that there are so many different types of things that can block the breathing passage. Most people also have more than one type of block making things even worse.

### **Examples of what can cause snoring...**

- 1) If your throat is weak, it will close like a squeezed plastic bottle. This is believed to be the number 1 cause of sleep apnea.
- 2) A weak tongue can fall back into the throat and block it. This is very common if you sleep on your back, but can also happen when sleeping on your side.
- 3) If your jaw is tense, then it may press on the breathing passages and narrow it. You are probably not aware of tension in the jaw muscles till you manage to relax it.

4) A floppy, weak soft palate flops around like a leaf in the wind. Some snoring surgeries deal with this by cutting off part of the soft palate or putting small plastic implants into it to make it firmer. Simply moving it in the right way a few times a day will keep it firm and prevent it from flopping.

5) Finally, anything that builds up in your throat will work as a dam for your breathing passage. The most common are fat or cigarette tags in the throat or allergies affecting the nasal passages.

Of course there can be endless other kinds of blocks in the breathing area.

I guess when you look at it, it's just a common sense. I've found that you can train this part of your body, like any other part. You have to exercise the breathing passages.

I'm not talking about a heavy work out. The breathing passages and surrounding areas are very fragile, so you have to use light, non straining exercises. It takes a little bit of time, but not much effort.

The simplicity of this is that no matter what blocks your breathing passage, the same few exercises will cure you.

You'll actually strengthen and open up the whole breathing passage, from your throat to your nasal passages.

The whole area below your voice box up to your nasal passages will open up and strengthen using these throat exercises. It will also burn any fat that may be present and clean out any tar that may be there also.

Strengthening your tongue prevents it from falling into your throat.

Using the jaw exercises will remove any tension from it. You'll be surprised how much easier you'll breathe after you do the jaw exercises.

And finally, the throat exercises will strengthen your throat and lift the soft palate.

### **The Training Doesn't Take Much Effort**

I've seen people treat their snoring in as short a time as a couple of days. A few weeks is more the average though. If you commit 7-12 minutes a day for a couple of months, you're almost guaranteed to be snore free.

There is nothing as joyful for me as opening my email and reading the emails from my clients. Most of them are simply thanking me for giving them their life back, at least giving them their sleep back. I hope I receive one from you soon.

If you want to learn more about these exercises and try some out for FREE, you can find the exercise programs I have developed and that has helped so many people to stop snoring here...

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Christian Goodman is the founder of The Stop Snoring Exercise Program  
[www.TheStopSnoringExerciseProgram.com](http://www.TheStopSnoringExerciseProgram.com). The program has helped thousands of people to stop snoring without having to undertake dangerous surgery, dental implant or having to buy and use drugs every day.  
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