

## What Every Parent Needs To Know About Their Kid's Respiratory Habits



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### What are the benefits of nasal breathing?

There is a right way to breathe and a wrong way to breathe. The right way is through the nose, the wrong way is through the mouth. Nasal breathing benefits the body on multiple levels because the nose is super equipped to process incoming air. The nose has a built-in humidifier and filtration system, so when air enters through the nasal passages, it's warmed and moistened. It is also equipped to sense and destroy harmful bacteria before it enters the body. This means the respiratory system is being supplied with high quality air, which leads to cellular health. Conversely, the mouth will not purify the air before entering the body such that higher amounts of carbon dioxide create a toxic environment. Mouth breathing also causes a lack of oxygen to the brain, which could lead to underdevelopment, and possibly sensory or auditory disorders, such as autism or attention deficit disorder (ADD). This is why it is paramount for everyone, especially new parents, to understand the importance of their child forming good breathing habits.

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