



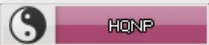
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[Looksmax] Some more evidence of mewing for all the non believers

Thread Modes



Biebercel Mrs. PurpleDildo



Posts: 1,782 Threads: 502 Joined: Dec 2016 Reputation: 743 Tinder Matches: 1000+ Dates: Zero Kisses: Zero Slay Count: 50+ Slayer Relationships: 1

06-15-2017, 08:46 AM

#1

Most of the evidence that supports mewing is often questioned because it comes from mew himself, but here is some more evidence for non believers

http://cfile211.uf.daum.net/attach/237B6...90A00F3275

Quote:

Case Study 3

Singer, age 27. She had been offered a scholarship to the Royal College of Music, but decided to train at Guildhall as a performer after winning a county music award for singing. She had received advanced ballet training and gained Grade 8 piano. Glandular fever took her out of college for a year but she returned to obtain GGSM with qualification to teach singing.

Problem

The voice was getting smaller and thinner; limited in range and unrhythmic. She could not open her mouth very far and pitch range was gradually decreasing. She experienced jaw pain and clicking joints. She could only sing at all with great effort and constantly ran out of breath. She had no confidence in her voice or in her musical ability and apologised all the time.

Assessment

The maxilla was too narrow for a natural tongue resting position, having had four premolars removed at age 12. Her articulation had been programmed with the tongue lying in the floor of the mouth. She was assessed by the chiropractor as a category II.

Treatment

The pelvis was stabilised, bringing an immediate improvement to the breathing. Her tongue was reprogrammed using exercises (see Caine, 1991) to prioritise vowels, stretch ligaments and relieve jaw pain. She was fitted with a light wire appliance to widen the maxilla. Results after 2 years Her tongue is now resting against roof of her mouth. The back of her mouth opens wider and the jaw pain has gone. Her face shape has changed from long and doleful to smiling with muscles well toned. The range and resonance of the voice has extended. She now sings across an octave and a half without effort and her range is expected to extend further with continued maxillary widening.

Tounge resting position confirmed, expansion theory confirmed, mewing changes facial shape confirmed

Quote:

Case Study 8

Contralto was definitely not her natural voice. The pressure required to produce it was now causing huskiness in both speech and singing. **She had her premolars removed at 12 and then had three years of a fixed brace** which crossed the roof of her mouth. **An excessively narrow maxilla** and difficulty with balancing indicated a pelvic and cranial misalignment, particularly as she always fell off a balance board (Caine, 1991) to the right.

Extractions and braces = death confirmed

heres another paper which discusses the effect of toungue and body posture in orthodontics, it follows the same principals as mew and references a paper by John Mew as well

<http://www.jawache.com/admin/pages/uploa...atment.pdf>



Figure 1 Picture of Sam before voice and body exercises

Figure 2 Picture of Sam after voice and body exercises

Pics are with different expressions but theres clearly still a noticable improvement

Quote:

Figure 2 shows Sam approximately three months later, during which time she was given a voice and body exercise programme to correct the above problems

<http://www.nature.com/bdj/journal/v200/n...3122a.html>

Quote:

[b]Results Horizontal measurements in the base of the anterior cranial fossa and in the maxillary complex were greater in the modern group than in the medieval skulls. Cranial vault measurements were significantly higher ($P = 0.000$) in the twentieth century skulls, especially in the anterior cranial fossa.[/b]

[b]Conclusion Results suggest that our medieval ancestors had more prominent faces and smaller cranial vaults than modern man.[/b]

Modern day midfaces lack forward growth confirmed

<http://www.nature.com/bdj/journal/v216/n...4.401.html>

Quote:

Over the last 10,000 years there has been a progressive downswing in the anterior craniofacial structure (ACS), possibly due to a combination of changes in the masticatory effort and the posture of the tongue and the mandible. If the mouth is postured open and the muscles are weaker the face lengthens, a downswing, reducing the cross sectional area at the level of the oropharynx. This leads to less space for the tongue, the airway and the teeth, and is exacerbated by an increasingly evident 'suckling like' swallowing pattern. Changes in the shape of the ACS affect the functions for which this structure is responsible, leading to a range of symptoms, including malocclusion.

Study published by mike mew himself, so take it with a grain of salt if you're a non believer

<http://www.nature.com/bdj/journal/v212/n...2.465.html>

Quote:

What the evidence tells us is that Class II malocclusions with increased overbites never occur in the ancestral environment; however, within one or two generations of adopting a modern urban culture they are rife.

Modern lifestyle causes poor jaw development confirmed

How much more proof do you guys need, before you accept that mewing is fucking legit, get to chewing boyos and keep that tounge on the roof of your mouth

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Iltvyr

Mega Super Poster



Posts: 2,230
Threads: 370
Joined: Jul 2015
Reputation: **459**

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06-15-2017, 10:28 AM (This post was last modified: 06-15-2017, 10:28 AM by Iltvyr.)

#2

aren't people with class II malocclusions the opposite: short-faced?

Starcrazy Wrote: →

(03-08-2016, 07:05 PM)

you're as old as your hairline

Bukowski Wrote: →

(04-11-2016, 06:48 PM)

You're as pedo as your hairline

"It is not the hair that you have on your head that counts.. It is the hair that you have on your heart.."

ethnicslayer Wrote: →

(02-04-2017, 04:19 PM)

surgery is the only vitamin

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Blulatto

Patrick Bateman



Posts: 1,855
Threads: 288
Joined: Apr 2017
Reputation: **1,351**
Tinder Matches: Zero
Dates: Zero
Kisses: 1
Relationships: 1

06-15-2017, 11:19 AM

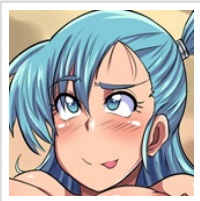
#3

anyone else notice good singers often have prognathism



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Biebercel
Mrs. PurpleDildo



Posts: 1,782
Threads: 502
Joined: Dec 2016
Reputation: **743**
Tinder Matches: 1000+
Dates: Zero
Kisses: Zero
Slay Count: 50+ Slayer
Relationships: 1

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06-15-2017, 11:28 AM

#4

Blulatto Wrote: →

(06-15-2017, 11:19 AM)

anyone else notice good singers often have prognathism

idk, but wide palate is correlated with vocal range



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AsymmetryIsDeath
Super Poster



Posts: 1,203
Threads: 60
Joined: Apr 2017
Reputation: **537**

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06-15-2017, 01:17 PM

#5

Biebercel Wrote: →

(06-15-2017, 11:28 AM)

Blulatto Wrote: →

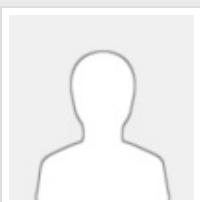
(06-15-2017, 11:19 AM)

anyone else notice good singers often have prognathism

idk, but wide palate is correlated with vocal range

fuck yet another reason to widen my palate. worst singer in the world rn, maybe ill be somewhat bareable if i widen my palate(not like i need to sing much but it's awkward if everyone's singing and i just sorta mumble)

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Maxlooker
Newbie

Posts: 1
Threads: 0
Joined: Jun 2017

06-16-2017, 03:46 PM

#6

good find OP

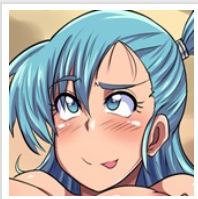
but what is the actual method to widen palate for those with recessed chins/narrow or downward grown maxilla? Unfortunately I had braces for years and also wisdom teeth extracted...

Do we just keep our tongue (posterior and anterior) at the roof and chew hard gum? Or is there some sort of palate expanding orthotropic for adults?

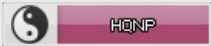
Reputation: 0

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Biebercel
Mrs. PurpleDildo



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06-16-2017, 03:55 PM

#7

Maxlooker Wrote: →

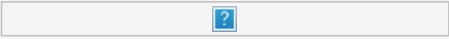
(06-16-2017, 03:46 PM)

good find OP

but what is the actual method to widen palate for those with recessed chins/narrow or downward grown maxilla? Unfortunately I had braces for years and also wisdom teeth extracted...

Do we just keep our tongue (posterior and anterior) at the roof and chew hard gum? Or is there some sort of palate expanding orthotropic for adults?

i will probably post a thread with some findings about palate expansion in the next couple days



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