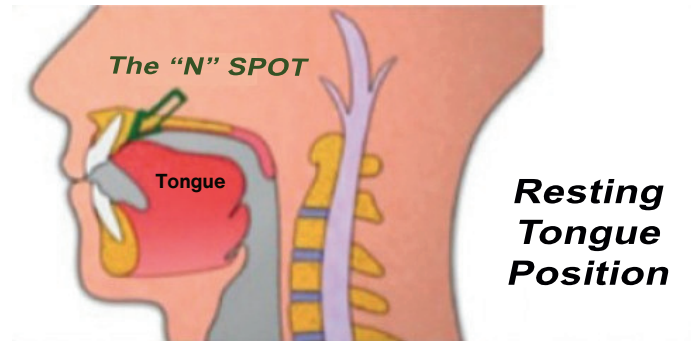


ALPHABET EXERCISE

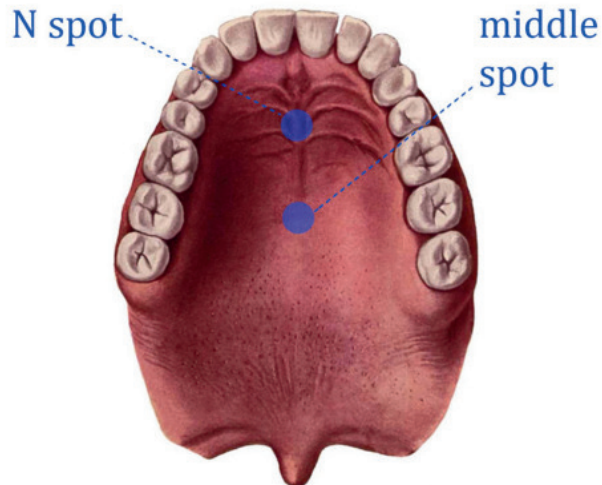


Duration: 3 months

Frequency: Twice a day (morning and night)

On the roof of the mouth between the "N-Spot" and the "Middle-Spot" write the alphabet with your tongue. You can pick 'UPPER' case or 'lower' case.

To make it fun you can write **"ATLAS ORTHODONTICS AND PERIODONTICS"** with your tongue as well!



Remember it takes about 3 months to make or break a habit!