

Munchee CHEW Plan

Name _____

Munchee Size _____

Chew Sessions per day _____

Chew time per session _____ minutes

Signed _____

Practitioner _____

Ready

Chewing your Munchee will become part of your daily routine. This can be hard at first but gets easier as a routine is established.

Set

Always rinse your Munchee before chewing. Place the Munchee inside your mouth with the indent next to the top lip. Bring the lips together over the Myo Munchee and breathe through your nose.

Chew

Start munching gently. First up and down, then in a circular motion.

Swallow - making sure you keep the Munchee in place and your lips together. You might make a lot of saliva when you first start to use a Munchee.

This is good!

Saliva is Nature's way of cleaning and protecting the teeth.



How to look after your Munchee



Rinse - Always rinse your Munchee with cold running water before and after use.

Sprinkle - you can also sprinkle your Munchee with bicarbonate soda, rub gently, then rinse thoroughly for an extra clean.

Store - Ensure you dry your Munchee and store to allow air flow. Keeping it in a sealed case or a drawer, may cause it to get mouldy... yuck!

Boil - for some extra deep cleaning of your Munchee, boil up some water in a pan and drop your Munchee in for **one minute only**.

Reach Out - Munchee is always here to help - contact us on Facebook, Instagram or through our website:

www.myomunchee.com

MYO MUNCHEE
SMALL DEVICE BIG IMPACT