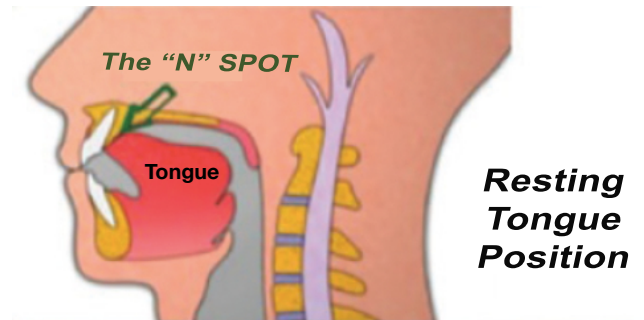




Dr. Eckler • Dr. Black • Dr. Leung
— ORTHODONTISTS —
"SmileSolutions"



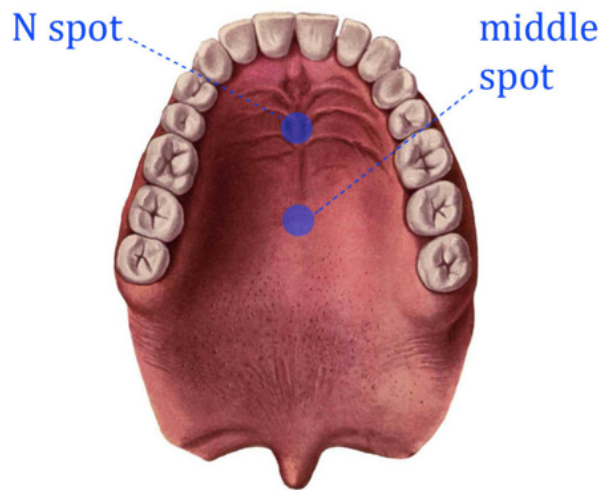
Alphabet Exercise

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 "SMILE SOLUTIONS ORTHODONTISTS" with your tongue as well!



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