



Make your child's health a priority.



## Access the Healthiest and Happiest Version of Your Child

HealthyStart provides a non-invasive treatment promoting arch development, beautiful smiles, straight teeth and a lifetime of healthy breathing.

The HealthyStart System is a series of uniquely designed oral appliances that are worn for a few hours per day and/or during the night while a child sleeps.

The appliances promote nasal breathing and naturally widen the dental arches, developing the jaw naturally, all while straightening teeth WITHOUT braces.

HealthyStart is a non-invasive, non-pharmaceutical, pain-free approach to opening the airway and naturally guiding teeth into their correct alignments. This means that the appliances develop permanently positioned dentitions with no relapse.

**IMPROVE BEHAVIOR,  
FOCUS AND GRADES**

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**STRAIGHTEN TEETH  
WITHOUT BRACES**

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**OPEN THE AIRWAY AND  
ALLOW FOR QUALITY  
SLEEP**

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**PUT A STOP TO  
NIGHTMARES, SNORING  
AND BEDWETTING**

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**ADDRESS SDB  
SYMPTOMS NATURALLY**



## The Symptoms

- Nightmares
- Bedwetting
- Snoring
- Restless Sleep
- ADD/ADHD
- Teeth Grinding
- Aggressive Behavior
- Delayed Growth
- Mouth Breathing
- Crowded Teeth
- Overbite/Overjet
- Swollen Adenoids/Tonsils
- Excessive Sleepiness
- Chronic Allergies

## Sleep Disordered Breathing: An Epidemic

Within the last 20 years, clinical research has established a connection between certain increasingly common childhood health and behavioral symptoms and their root cause. This root cause is called Sleep Disordered Breathing (SDB).

Nine out of ten children suffer from one or more symptoms of Sleep Disordered Breathing, which manifests itself in a variety of symptoms. These symptoms, if not addressed early enough, become nearly impossible to reverse.

The HealthyStart System is aimed to address these issues early-on so that they can be solved naturally.



## HOW HEALTHYSTART CAN HELP

The HealthyStart appliances open the airway and allow for maximum airflow. This maximized airway improves a child's overall health, addressing medical and behavioral issues.

The appliances aid in bettering a child's sleep, which is a vital part of their current and future health. Quality sleep improves memory, executive function, problem-solving and behavior.

# ADDRESSING THE SYMPTOMS

## The Connection to Sleep Disordered Breathing



### ADD/ADHD

There is not a test for ADD/ADHD; it is merely a checklist, and many of the symptoms associated with ADD/ADHD (inability to focus, impulsivity, distractibility, irritability, etc.) are actually signs that your child may have Sleep Disordered Breathing.

### BEDWETTING

Sleep Disordered Breathing (SDB) is characterized by airway obstruction during sleep, and a child's arousal response and bladder pressure is affected by this inability to breathe properly, explaining why your child may be experiencing bedwetting.



### DEPRESSION



Sleep Disordered Breathing stops children from breathing thoroughly throughout the night, causing fatigue and insomnia, which in turn affects their emotional responses in their day-to-day lives, as their sleep is consistently affected.



## CROWDED TEETH

Poor positioning of teeth is a clear indicator of an underdeveloped jaw and an undeveloped airway. An underdeveloped jaw doesn't leave enough room for teeth to grow in properly, causing issues, such as overjet and overbite. It also signals that your child's airway may be obstructed, as there isn't enough room for complete airflow.

## MOUTH BREATHING

Consistent mouth breathing is a sign that there could be something more serious going on with your child. Mouth breathing is associated with snoring, irritability, slow growth rate, inability to focus and sleepiness. The underlying cause of mouth breathing in children is usually an obstruction in their nasal airway, which forces them to make up for their need for oxygen through their mouth.



## SLEEP DISORDERED BREATHING

These symptoms all stem from airway disruption during sleep. As a child's breathing is restricted, their body reacts as though the child is choking, resulting in lower oxygen levels, higher heart rate and higher blood pressure. Improper positioning of teeth can also cause Sleep Disordered Breathing

symptoms, as baby teeth without spacing can often signify that a child's dental arches are too narrow. Adult teeth are bigger and wider than baby teeth, and if there isn't enough room for the adult teeth to grow in, the teeth begin to crowd together or protrude.

# OPENING THE AIRWAY

The HealthyStart appliances shift the jaw forward for optimal airflow so that your child can receive an ideal amount of oxygen. This shift in the jaw improves a child's focus and behavior, not to mention allows for proper growth of the dentition.

The HealthyStart System naturally widens the dental arches, resulting in straight teeth, whereas an underdeveloped jaw and an underdeveloped airway do not leave enough room for teeth to grow in properly.

## The Importance of Your Child's Airway

The central issue for many children suffering from the effects of Sleep Disordered Breathing is a compromised airway.

When a child's airway is narrow, underdeveloped, or constricted in any way, the child will struggle to receive enough oxygen at night, which can result in serious health issues.

HealthyStart develops a child's jaw and provides them with an ideal airway. With this ideal airway, they will be able to get the oxygen they need to be the healthiest version of themselves.



## How is SDB Related?

Sleep Disordered Breathing (SDB) is characterized by airway obstruction during sleep, causing a child to "snore", or rather gasp for air when asleep. SDB stops children from breathing thoroughly throughout the night, causing fatigue and insomnia, which in turn affects their emotional responses in their day-to-day lives, as their sleep is consistently affected.



## What does HealthyStart Address?

- Crowded Teeth
- Overbite
- Overjet
- Crossbite
- Open Bite
- Deep Bite
- Gummy Smile
- Teeth Grinding
- Underdeveloped Jaw

## Straight Teeth, No Braces

At nearly HALF the cost of braces, the HealthyStart System is a revolutionary departure from traditional orthodontics into an early, non-invasive, natural approach to straightening teeth.

It works as well as, or better than, braces, plastic aligners, surgery or any other orthodontic option to achieve a picture-perfect smile.

The HealthyStart System guides teeth into their ideal alignments without the price-tag of braces, but with more more evidence and research than clear aligners.



Before



After

## PARENT TESTIMONIAL

"HealthyStart is a revolutionary solution to Sleep Disordered Breathing symptoms, not to mention they straighten teeth without braces. My daughter has never been healthier or happier. Her symptoms, such as snoring, nightmares,

bedwetting, restless sleep, trouble in school, aggressive behavior and crowded teeth completely disappeared. I could not be happier with my daughter's progress with HealthyStart."