

The no1 Stop Snoring Remedy

This is a free eBook and you may share this with anyone you wish.

***If you and your spouse suffer from horrible snoring, You are not alone.
23% couples suffer seriously from this terrible condition.***

It's not just the irritation of the snoring sound or how draining it is to stay awake all night long listening to a partner snore (it's the most common form of Insomnia).

The worst part is risking your or your partners life by being tired all day long.

If you drive a car or cross a street, for example, you've to have full attention and energy.

It's also life threatening because your whole emotional and physical balance will suffer. Nerves breakdown, stroke, and heart-attack are only three examples.

You can't blame your self or your partner. You've probably tried several things to eliminate the snoring but nothing helped.

I've had many clients who undertook expensive, dangerous surgery, only to find them self worse off afterwards.

For you to understand exactly where I'm coming from, before I tell you what will work for you, let me explains what is causing you to snore.

There is only one underlying cause for snoring. There are always some kind of blockages in the breathing passages, which make the airflow irregular.

When the breathing passage is blocked, the airflow (breathing) becomes irregular, not smoothly flowing like it should be.

This irregular airflow slams the soft tissues in your breathing passages around like a door in a wind. Your throat and mouth become like speakers, powered by powerful quantifier and your partner can't sleep.

The noise becomes really bad when the soft palate (a flexible part of the back of the roof of the mouth) also begins to vibrate.

Sometimes, if the soft palate is weak, then the tip of it will bang down on the tongue (which may be dropping into the throat at the same time) like a bongo drum.

The trouble with curing snoring is that there are so many types of things that can block the breathing passage. Most people also have more than one type of block making things even worse.

Examples of what can cause snoring...

3) If your jaw is tense, then it may press on the breathing passages and narrow it. You are probably not aware of tension in the jaw muscles till you manage to relax it.

3) The Jaw may press on the breathing passage narrowing it. Often this is because of tension in the muscles around the Jaw that press it out of its normal healthy position.

4)The Soft palate may be too weak and not firm enough and will lay too close to the tongue, making it very easy to flap around and make the irritating snoring sounds.

5) Any muscles tension around the breathing passage, like in the shoulders and neck, may press on the throat and narrow it.

6) Finally, anything that builds up in your throat will work as a dam for your breathing passage. The most common dams are fat or cigarette tags in the throat or allergy in the nasals.

I've of course only named few causes but there are endless other.

Using few exercises, each focused on one area in and around your throat, will remove ANY block you have. No matter what's causing your snoring.

What you will do is strengthening the whole breathing passage and the area around it.

Touch your voice box with your left hand (the big chunk on the front of your throat). Now also touch your forehead with your right hand. From your left hand to your right is the area you're going to be training and removing any block from.

By doing simple throat exercises your soft palate and the whole area from bellow your voice box up into your nasals and everything in-between will be strengthened and refreshed. Plus it will clean the throat of any fat or tar.

The tongue exercises will strengthen the tongue and help it regain just the right amount of flexible tension to stay out of the throat.

Loosing up your Jaw muscles stops it from pressing on the breathing passage. You'll be amazed how much more easy your breathing will be after you train your jaw muscles.

The throat exercises open up the throat, preventing it from closing when you sleep. They'll also strengthen and lift up your soft palate, so it won't flap any more.

The Training Doesn't Take Much Effort

How long you exercise every day is up to you. You can train for as little as three minutes a day.

I've seen people treat their snoring in as little as couple of days. Few weeks is more the norm tough. If you commit to 7-12 minutes a day for couple of months, you're pretty much guaranteed to be snore free before that time is up.

And you should be ready to commit for about two months to permanently cure your snoring. Although most likely you will have quiet nights long before those two months are up.

I hope I'll soon receive your success story. I love nothing more than opening my email in the morning and reading the stories on how my clients healed them selves using my exercises.

Snoring is putting such a strain on many relationships. Many people have been forced to sleep separately. Other have learned to live with it but there is always a hidden resentment.

I hope you give the exercises a try. I hope you give me the benefit of the doubt to try commit to working the exercises for few weeks. And I promise you, there will be nothing but quiet, restful nights in your future.

If you want to learn more about these exercises and try some out for FREE, then You can find the exercises program I developed and has helped so many people to [stop snoring here..](#)

[Christian Goodman is the founder of The Stop Snoring Exercise Program \(www.TheStopSnoringExerciseProgram.com\). The program has helped thousands of people to stop snoring without having to undertake dangerous surgery, dental implant or having to buy and use drugs every day.](#)