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Qi Gong Exercise for Dry Mouth

Firstly, relax the jaw.

You can do that by sticking the tongue out, ever so slightly, similar to the way a cat does it. Hold that position for about 30 seconds.

Now relax and bring the tongue back to its normal position.

The first part of this exercise involves sweeping the outside of the teeth from right to left on the top teeth, then from left to right on the outside of the bottom teeth.

Start with the tongue on the outside of right upper last molar, or on the outside of the last tooth of the top teeth. Move the tongue from right to left in one long motion along the outside of the top teeth.

Then move the tongue from left to right on the outside of the bottom teeth. Remember use one sweeping motion from the last tooth on one side, to the last tooth on the other side. Repeat 4 more times for a total of 5 times.

The second part of this exercise involves using the same sweeping motion along the teeth, from right to left on the top, and left to right on the bottom, only this time moving the tongue along the inside of the teeth, or tongue side of the teeth.

Again, repeat this 4 more times, for a total of 5 times.

You should start to notice increased saliva either during the exercise or immediately after.

Now relax the jaw again, by sticking the tongue out just a little. Think CAT. Hold for 30 seconds.

Peace and Health

Note: this exercise is based on my studies with Jeffrey Yuen [Classical Chinese Medicine Teacher] and Donald Lee [Orthopedic Acupuncture Teacher]