

## PhysicallyFIT

# EXPLODE your potential.

Better strength and balance  
means better results.

By David M. Kaffey, DDS



Many of us that workout, exercise, or engage in sports on a regular basis, love the feeling we get from it. The added energy, strength, balance and inner peace that physical activity gives us is an important part of our lives and who we are. For some of us, the internal drive to improve our emotional and physical states is what keeps us motivated and driven.

### But, it happens - THE CEILING

We all eventually hit the ceiling. You know it; that point you just can't seem to get past. For some of us, it's during a particular strength workout. For others, it's that point during a sport that we just can't move beyond. You've been working on your golf swing for years, but you still lack precise balance and you can't drive the ball as far as you know you can. After eight minutes into your kickboxing routine, you have lost your focus, accuracy, and speed. On the football field, you are always a step behind and seem to be just lacking that little extra quickness that would give you the edge. Half way through your body sculpting class, you just want to quit.

But what if we could break through the ceiling? How would it make you feel? We all strive for our goals but one extremely important aspect of our routines that is often overlooked is POSTURAL ALIGNMENT.

Optimal postural alignment is the KEY to better balance, strength, coordination, speed, focus, accuracy and precision. This is the exact reason that when we are

learning a new sport, exercise routine, or adding a new element to our workouts, we always start with proper positioning and technique. Ground zero is always correct postural alignment. Unfortunately, what happens so often to us that we get away from the basics and we struggle with improvement.

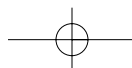
Correct postural alignment begins in your head. Not mentally, but physically. In 90% of the population, the lower jaw is not in the optimal position. This incorrect postural position of the jaw leads to a "domino effect" throughout the body. Commonly, the facial, neck and shoulder muscles become sore and thus require more energy for their use. When muscle activity requires excessive energy input, the resulting inefficiency leads to quick muscle fatigue, imbalance, and reduced strength output. Most notable with poor postural alignment of the jaw is the lack of ideal balance and proper alignment throughout the body. All these factors cause us to hit the ceiling.

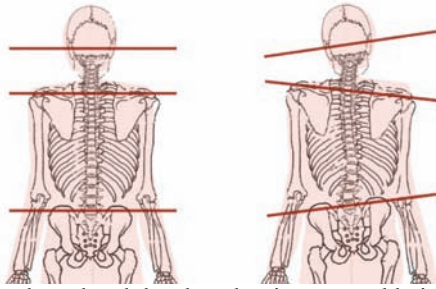
What if there was a simple way to reposition your jaw into the optimal postural position and give you better balance and improved upper body strength?

Could you reach your goals faster? Could you run that extra mile, swim those extra five laps, or increase your upper body strength to improve your golf game?

There is such a way and it's called the Pure Power Mouthguard (PPM). This is no ordinary athletic mouthguard you buy at a sporting goods store. This specialized mouthguard is extraordinary in purpose, design, and function. It combines the impact absorbing abilities of a traditional athletic mouthguard while maintaining your jaw in the optimal postural position. By helping to properly align and relax the facial muscles, the Pure Power Mouthguard improves muscle recruitment and vertebrae alignment. That's the unique edge you may need. The result is improved balance and strength.

The PPM was developed from a very effective scientifically proven dental treatment for TMJ (Temporomandibular Joint syndrome) patients. A neuromuscular repositioning orthotic was originally designed to treat TMJ patients and the pain associated with the syndrome, which includes clenching, headaches, dizziness, and earaches. Patients with jaw problems, not only experienced a reduction in their





symptoms with a neuromuscular orthotic, but they are also experienced increased upper body strength and improved balance. It was from these coincidental findings that the PPM was adapted and developed to improve athletic performance.

“Professional athletes including the Kansas City Chiefs, Carolina Panthers, Seattle Seahawks, Garth McAdoo (golf), Derrick Walser (hockey), and Joe Lowden (marathon runner) have all benefited from the PPM with improved balance, strength, and performance. 15 National Hockey League teams recently ordered the PPM for the upcoming season.”

“If you are looking for a more powerful golf swing, improved kickboxing endurance, or general increased physical performance, the Pure Power Mouthguard may help you EXPLODE YOUR POTENTIAL. Visit [www.ppmmouthguard](http://www.ppmmouthguard) or [www.davidkaffey.com](http://www.davidkaffey.com) for more information.”



*Dr. David Kaffey is the owner of Main Line Dental Aesthetics located at 12 South Valley Rd., Paoli, PA. His practice is dedicated to improving people's lives. For more information log onto [www.DavidKaffey.com](http://www.DavidKaffey.com) or call 610-644-2502. Contact David at [dkaffey@phillyfit-magazine.com](mailto:dkaffey@phillyfit-magazine.com).*

