



***Stabilize your posture with  
IMPAK guard.***

***Good athletic posture is a series of  
postures linked together to  
produce efficient movement. V.  
Gambetta***

***Good posture is closely related to  
functional strength and motor  
control, and is absolutely  
necessary to produce efficient  
movement along the kinetic chain.  
V. Gambetta***

***And finally, a good stance and  
posture reflect a proper state of  
mind. M. Ueshiba***

# Body Form Follows Body Function



**Great Body Form**

Can my body perform more effectively? Can I increase my strength, balance and flexibility?

Can I run, cycle, swim and do better yoga? Can my body develop a healthier form so I have less physical pain?

IMPAK performance mouth guard aligns your body from the top down to directly improves your physical performance. It allows the body to move in an optimal form. Over time the improved body function will change your body into a better form.

A properly aligned body is less prone to head, neck, shoulder, hip, knee and ankle injuries.

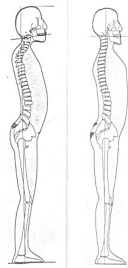
Also, IMPAK guard will increase and improve your innate physical strength, balance and flexibility. These elements are significantly more important in Yoga. Try it today!

## The Neuroscience behind the IMPAK mouth guard

Symmetry provides harmony and homeostasis in the neuromuscular system. In a healthy body the symmetrical components of the skeletal structure are parallel to each other: the base of the skull, plane of the teeth, shoulder plane, pelvic plane, knee, ankle, and bones of the feet. This balanced state provides better muscle recruitment leading to increased strength, balance and flexibility.

Any plane misalignment induces stress to the neuromuscular system and this directly affects the ability to hold the body upright. Therefore, the misalignment of the teeth planes can create stress and disharmony throughout other parts of the body.

When the upper and lower jaws are properly positioned, the desired structural alignment of the body is achieved. A properly positioned lower jaw will open the air way more, providing optimum amount of air needed for your activity.



The bottom line is that IMPAK guard treats the cause of postural distortion.

### IMPAK Dentist Fitted Multi-Laminated Performance Mouth Guard

Not every mouth guard can enhance your performances. Regular sport mouth guards are made of simple plastic to prevent teeth from making contact. Another exam-

**IMPAK guard correcting postural distortion  
The body form follows functions...the more your body is in correct form the better the function.**

ple is a boil and bite guard. This guard simply conforms to your misaligned teeth and it does nothing to improve the alignment of your jaw. Only qualified dentists can provide IMPAK guards.

## IMPAK Performance Mouth Guards



**Upper IMPAK**



**Lower IMPAK**

Developed by :  
IMPAK System Group &

Dr. I. Moon  
Lionel Duyer

## *Summary*

*In short, the primary purpose of the IMPAK mouth guard system is to improve your quality of life. The IMPAK mouth guard reduces the negative impact that misaligned teeth and jaws can have on your body. It reduces stress on your spine to promote good posture, balance, and strength. A properly aligned body is less prone to injuries. And the IMPAK guard does it naturally!*



*IMPAKing Quality of Life*

**IMPAI**<sup>®</sup>  
PERFORMANCE GUARD  
*Perfecting Body Motion*<sup>®</sup>

**IMPAI**<sup>®</sup>  
*Yoga Guard*



*Moonlight Studio*

***Moonlight is just the eclipse of the  
sun...heart ☐ unknown author***

**Orthodont**<sup>®</sup>

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