

A VERY HECTIC GUIDED MEDITATION

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By Bertie Brandes

[Read in an English accent]

Lie back and try to relax. Breathe in through your nose for 3 [1 - 2 - 3] and out through your nose for 3 [1 - 2 - 3]. In for 4 [1 - 2 - 3 - 4] and out for 4 [1 - 2 - 3 - 4]. Feel the gap between each breath and try to bring length to

What's (Really) Going on in Your Mouth?

A few questions for Dr. Christopher J. Perez, the founder of OLAS Marine Bio-Active Natural Mouthwash.

LUCAS MASCATELLO: What is bad breath, exactly??

DR. CHRIS: You have leftover food that isn't removed from brushing and flossing that ends up decaying in your mouth, and then it gets funky and starts to compound itself. The more you don't brush, the more it gets out of whack.

MASCATELLO: People talk a lot now about eating probiotics and trying to maintain the biome in your gut. Is there a mouth biome as well?

that space. Relax your jaw. Try to bring your awareness to the body. Accept any sound or movement that may be happening around you. Find space. Offer it up to yourself.

Imagine your body is an ice cube. Imagine you are an ice cube, slippery with Riesling. Breathe in. You are being tossed into a cool lake, crystal clear and semi-sweet. And hold. You are floating in the lake. Your whole body is being embraced by cheap sticky wine. Breathe out. Feel yourself begin to soften around the edges. Feel yourself begin to slowly melt. Relax your jaw. Find space. Try to relax. Try to think of anyone but yourself.

Imagine you're melting faster now, but try to relax. Think of the contents of your body diffusing into the lake around you. Supplements absorbed. Acid neutralized. Breathe in and hold. Hold your breath for 8 [1 - 2 - 3 - 4 - 5 - 6 - 7 - 7 - 7 - 7 - 7]. Softening. Hold your breath for 12 [12?]. Feel the lake rise up around you. Relax. Think of anyone. Soften your anyone. There is no one. Try to find your jaw. It's gone. Breathe yourself out.

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