

A New Snoring Cure Eliminates Serious Health Effects Of Snoring

According to the US National Sleep Foundation, it is estimated that up to 35% of men and 28% of women snore frequently. People who snore or suffer from obstructive sleep apnea can experience serious health problems resulting from a constant lack of sleep. Snoring has been linked to day time fatigue, obesity, heart disease, and is an indicator of other serious sleeping disorders such as obstructive sleep apnea.

Studies show that whether snorers notice it or not, they could be waking out of deep REM sleep over 100 times per night. Doctors are warning that in an already sleep-deprived society, heavy snorers are opening themselves up to serious health and weight problems each time they lay down for the night.

People are now becoming more aware of the health risk of snoring and are starting to take their snoring problem seriously. Snoring cures that have been reported to work include lifestyle changes such as losing weight and exercising, but there are also anti-snoring devices that have been reported to work quite well and which are non-invasive and safe. One such snoring remedy that has received lots of positive feedback from medical professionals and consumers is Chin-Up Strips.

Chin-Up Strips is a patented and FDA approved hypoallergenic medical tape designed to support your chin and to keep your mouth closed during sleep; thereby encouraging natural nasal breathing, reducing mouth breathing and eliminating snoring. This is because most snorers are mouth breathers and by keeping their mouth closed, they are forced to breath through their nose. This way, snoring can be effectively reduced or eliminated naturally.

Since its launched, more than 4 million Chin-Up Strips have been sold. It is bought by snorers who are concerned with their frequent snoring and also by spouses of snorers who are also plagued by a constant lack of sleep due to their partner's snoring problem. Now, for the first time, Malaysians can have access to this safe & effective snoring remedy widely used in the US, UK & Japan by both men and women.

Many doctors and sleep disorder specialists are now advising their patients to take their snoring problem seriously. It is not just an annoyance. It can pose health problems and even be life threatening, especially if it is an indicated of obstructive sleep apnea. Rather than treat it like just an uncontrollable disturbance to sleep, snorers and their spouses should seek help from their doctors or local pharmacists.

Chin-Up Strips is now available at the following pharmacies; Guardian, Caring, Vitacare, Health Lane, Revive, Maycare and Pinang Medical Supplies. Chin-Up Strips is retailing for RM19.90 for 10 days use.

For further information on Chin-Up Strips, please call 03-2287 2522 or visit <http://www.beautyimpress.com>