Twitter Thread by Sir Barefoot

Sir Barefoot
@SirBarefoot

Your facial appearance is NOT entirely genetic!

Let me show you what you can do to improve it.

THREAD■



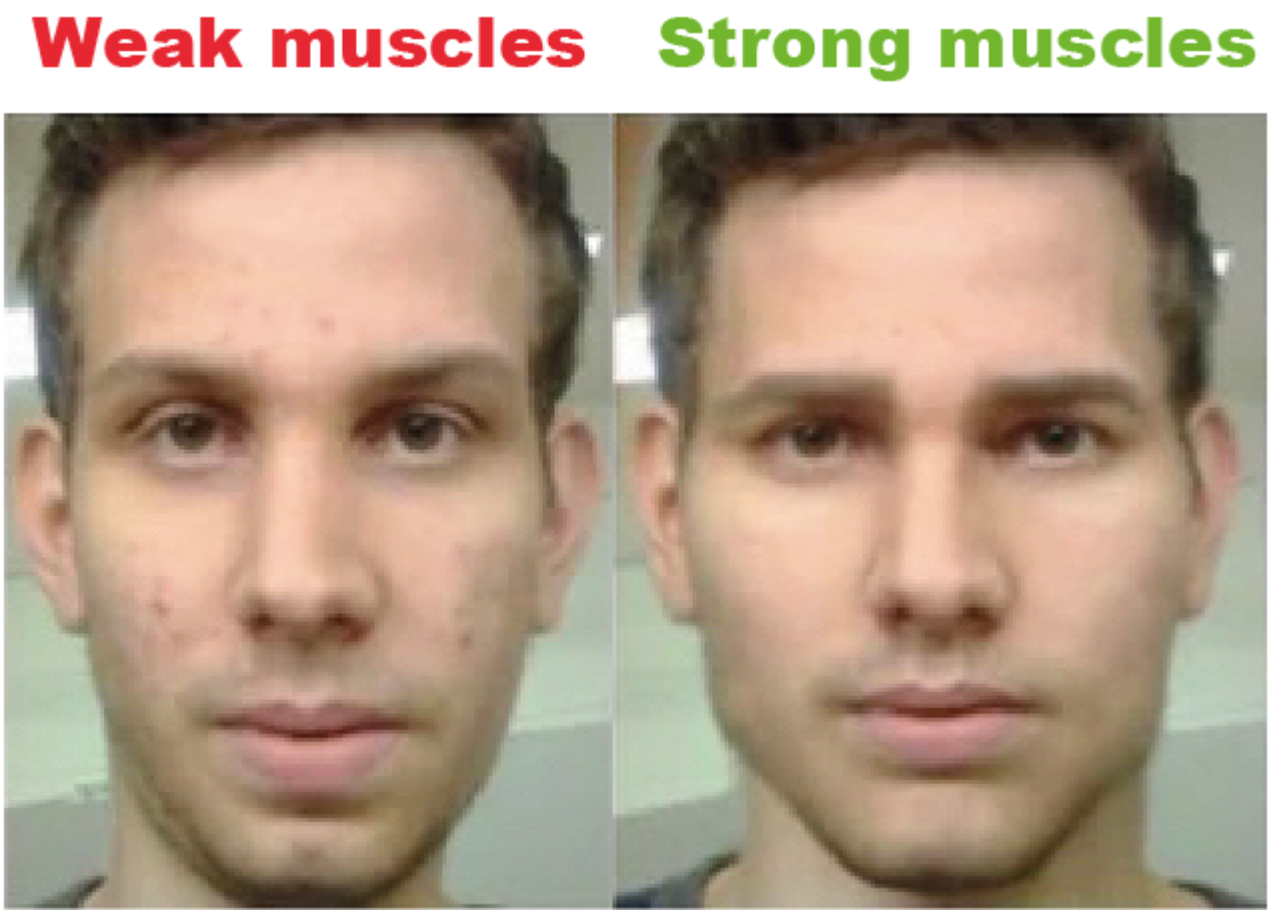
So my face isn't genetically determined!?

Well it is, but only partly.

There are some big muscles that decide most of your facial appearance.

These muscles can be trained and grow just like the muscles in your arms.

Look at the difference it can make:



Weak facial muscles come from them not being used properly.

So before we go into which muscles to train and how, we start with using the muscles properly.

First of all you need to be breathing right.

1/ Breathing

For the right facial structure it is important to breathe correctly.

This is through the nose.

Breathing through the nose strengthens the muscles in your face.

When people breathe through their mouth their jaw is hanging and this weakens the muscles involved.

This causes your jaw to set back and your chin will look like this:



Besides the aesthetic benefits it is also healthier to nasal breathe.

If you want to go deeper into nose breathing here is a thread.

https://t.co/tZrFRBIvXF

> Increase your Health by Breathing Correctly.
>
> You breathe more than 20.000 times a day and a lot of people are doing it wrong.
>
> Let me tell you what to do, and why.

- Thread - pic.twitter.com/rpQaKAGNP6

— Sir Barefoot (@SirBarefoot) March 25, 2022

With nose breathing your jawline will grow in the right position.

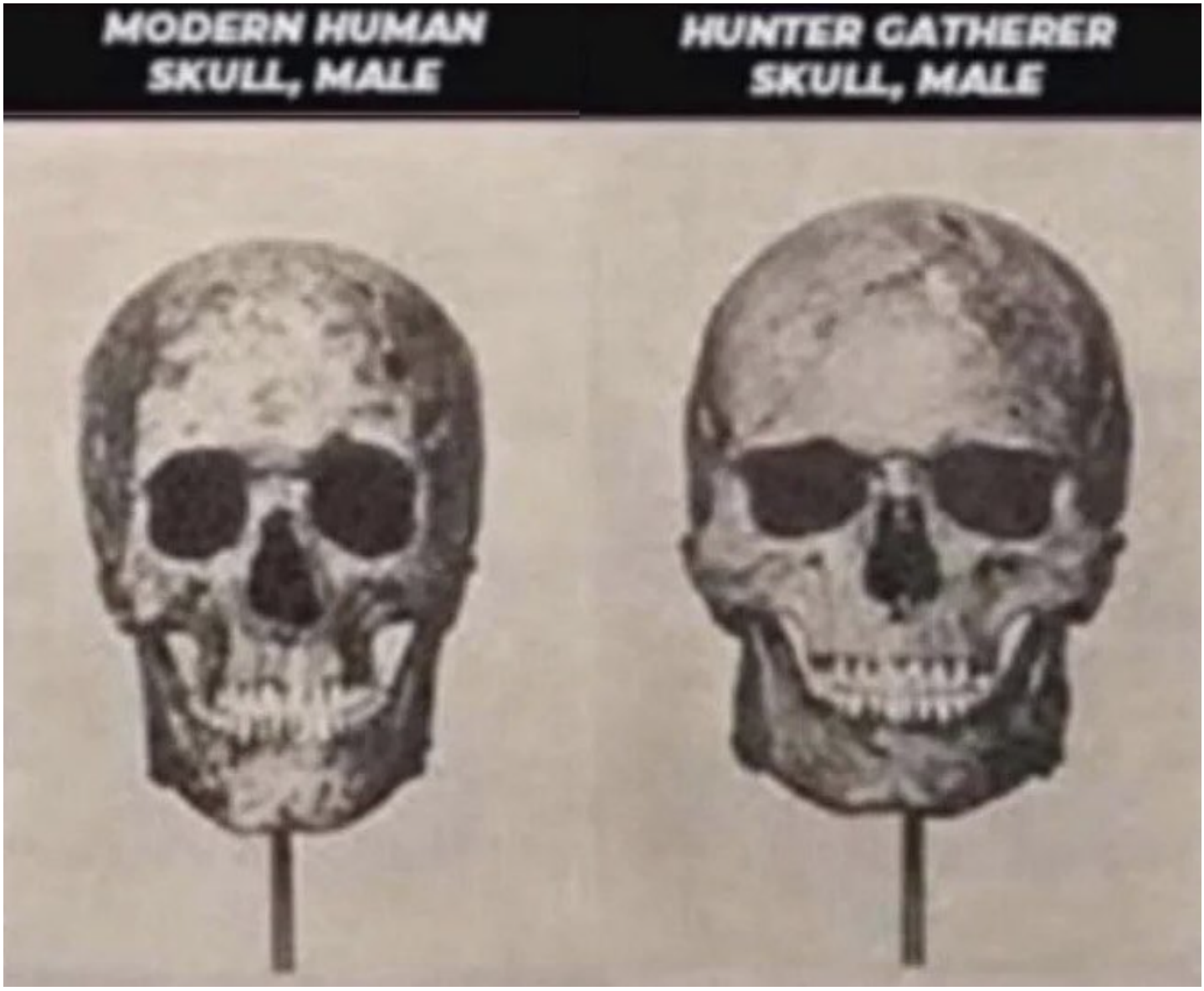
But there is more you can do to improve your jawline.

2/ Chewing

This is the most important excersice for having a strong facial structure.

The hunters and gathererers were chewing way more and way tougher foods than we do nowadays.

And it shows:



So what can we do to return?

Take time to chew your food.

Make sure to chew around 20 times.

Your saliva needs to be mixing with the food, you will notice.

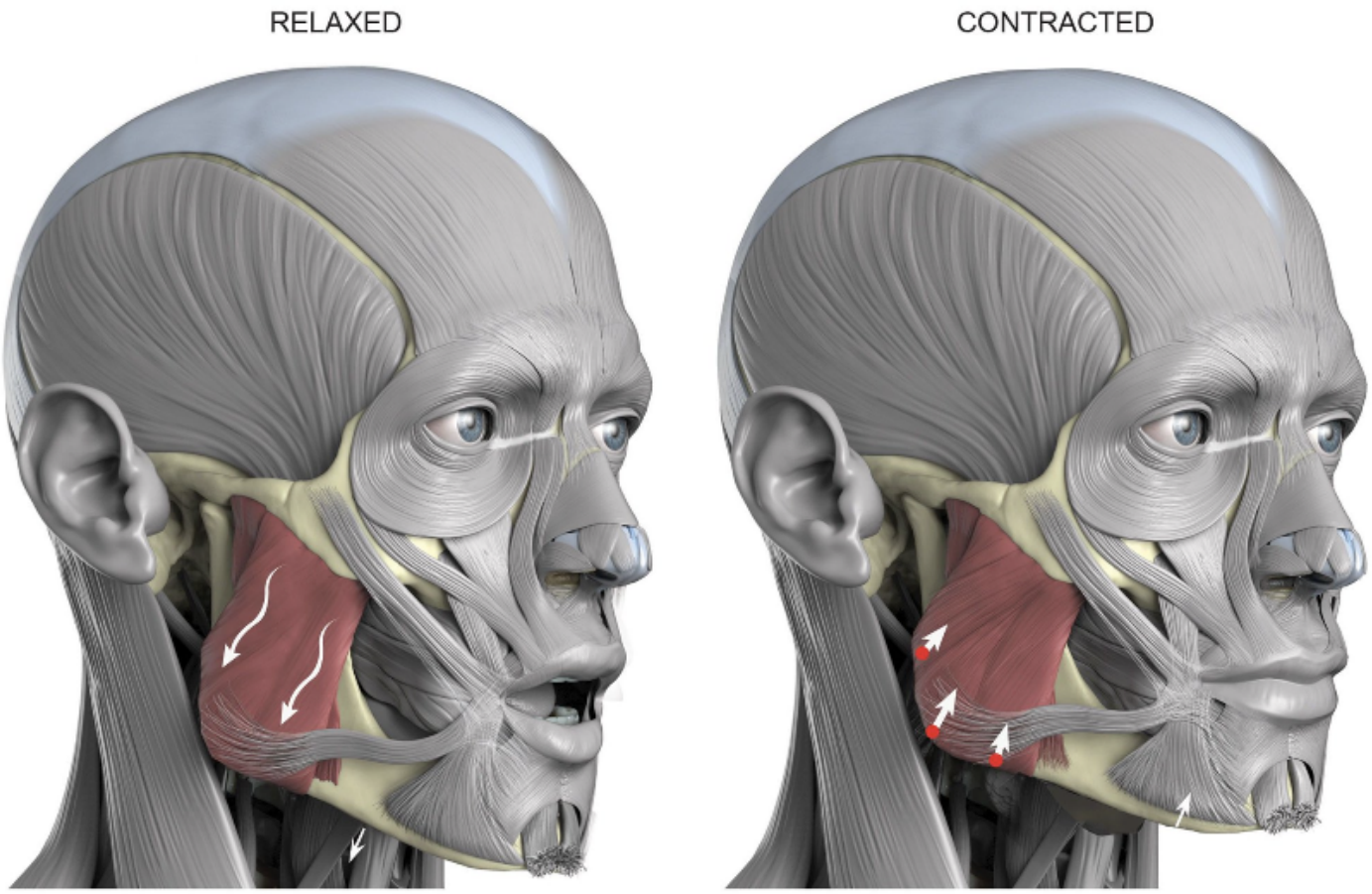
Benefits are:

- Jawline increase
- Better for digestion
- Easier to take nutrients out of the food

Be conscious about chewing your food.

Chewing is really just a work out for your jaw.

As you can see here:



3/ Mastic gum

Besides taking time to chew your food properly you can also chew mastic gum.

This is a 100% natural product.

They can be chewed on for growing your jawline muscle.

They also have health benefits such as:

- Liver health
- Oral health

If you want to read more about mastic gum and why it is way better than chewing gum from the supermarket, read this great thread by @DrDreamstate
https://t.co/tRFruo3px2

> Mastic Gum is your ticket to break away from grocery store gum
>
> \U0001f9f5Thread \U0001f9f5 pic.twitter.com/BQoBEg4yEd
>
> — DreamState \U0001f31e\u2694\ufe0f (@DrDreamstate) April 12, 2022

I recommend getting your mastic gum here:
@GrecoGum

Just make sure to not take too much.

As with everything, too much is not good.

Taking too much may hurt your jaw joints.



Important note:

There are also silicone jawline shapers being sold.

Do not buy these!

Chewing on silicone is probably giving on some micro particles into your mouth.

Just go with mastic gum which is 100% natural and has health benefits as well.



4/ Mewing

Your tongue might not be in the right place.
It should be touching the roof of your mouth.

This technique is called mewing.

And yes, this makes a big difference.

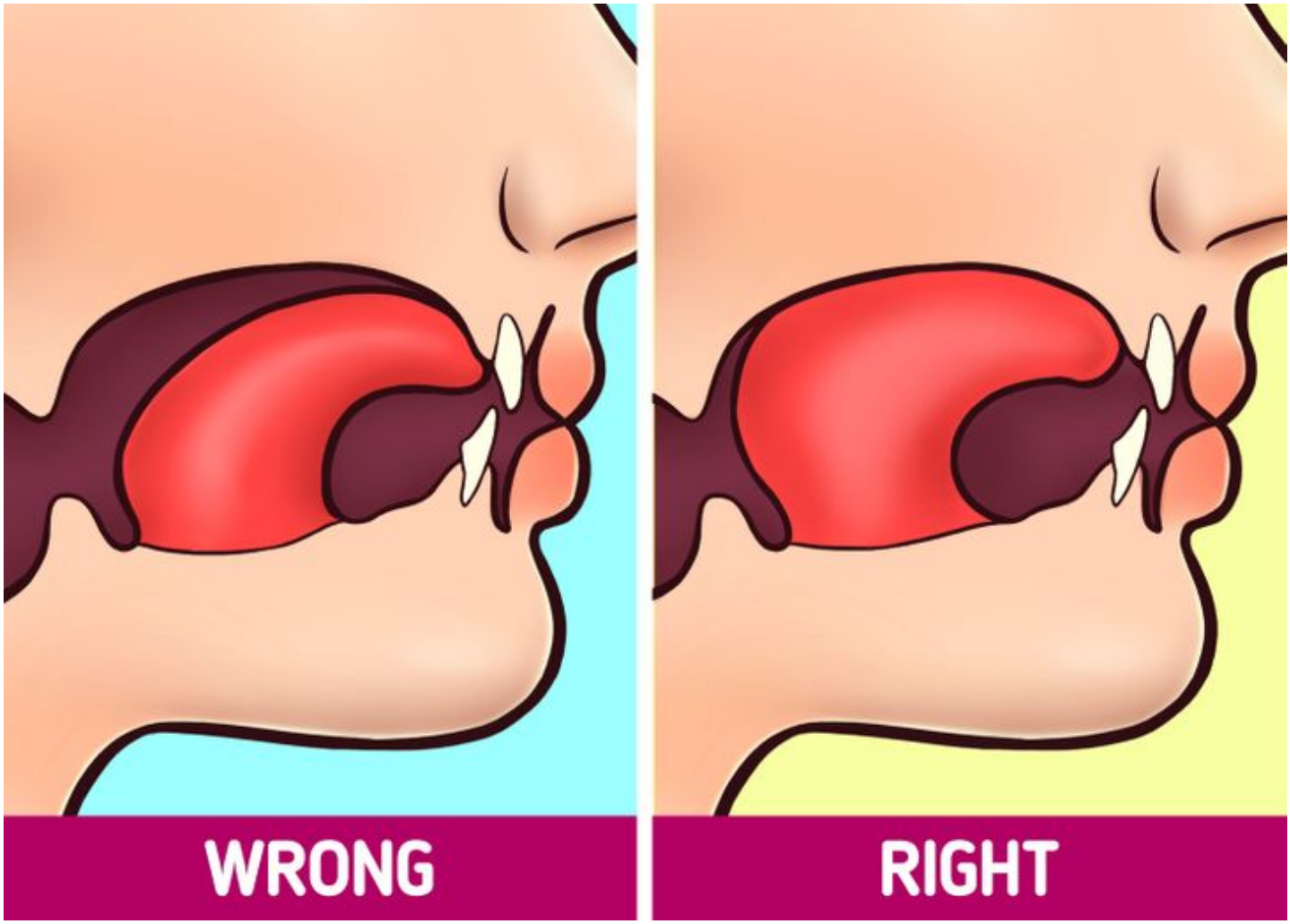
BEFORE AFTER



Mewing is actually putting your tongue back in its natural position.

Ensure that your entire tongue is touching the roof of your mouth.

The back of your tongue may be difficult to get in the right position but you will get there.



Mewing has health benefits as well, it can help with or prevent:

- Tongue Thrust
- Tooth Grinding

More about mewing is found in this thread:

https://t.co/XYp3aQ4gGI

> Your tongue is resting in the wrong place all day.
>
> Here is how to do this right and its benefits.
>
> \U0001f9f5 pic.twitter.com/AKAwfHAZ1Z
>
> — Sir Barefoot (@SirBarefoot) April 6, 2022

5/ Neck

Last but not least we have the neck, which is also a big part of your facial appearance.

@PurityBrah puts it perfect here:
https://t.co/x9kUarulJ6

> A thick neck is also considerably more aesthetic than a thin scrawny neck, it is a sign of a strong masculine man
>
> Neck and traps can make or break a physique, stop neglecting them and unlock your full aesthetic potential pic.twitter.com/eOKVMpg6d2
>
> — Purity Brah \U0001f31e (@PurityBrah) March 14, 2022

Training your neck is also beneficial for:

- Body posture
- Neck pain
- Headaches
- Back pain
- Jaw tightness

Now there is no longer anything holding you back from making this change:



Start with:

- Nose breathing
- Chewing properly

- Mewing
- Training neck

And become gigachad, simple.



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If this is you after reading■■

Please LIKE & RETWEET the first tweet. https://t.co/eNREptCPlq

Your facial appearance is NOT entirely genetic!

Let me show you what you can do to improve it.

THREAD\U0001f9f5 pic.twitter.com/sP8ihHKZU5

— Sir Barefoot (@SirBarefoot) April 15, 2022