

Holistic Orthodontics at Teng Smiles

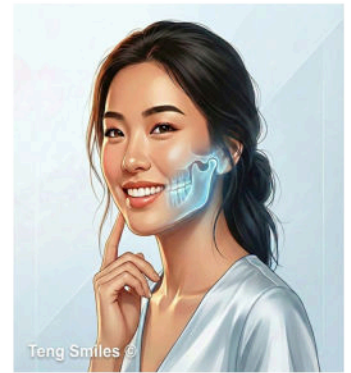
Healthy Airway & Nasal Breathing



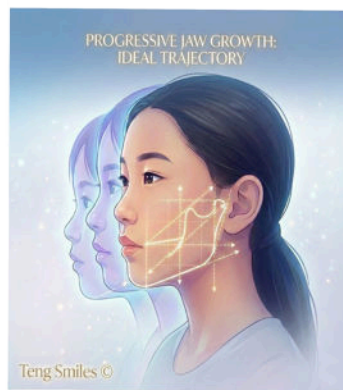
Muscle Balance & Oral Habits
Proper Chewing
Tongue Posture
Lip & Cheek Pressure

Jaw Joint Comfort &
Bite Stability

Beautiful Smile, Healthy Teeth



Nutrition
Whole Foods
Avoid Over-processed Foods
Water, Avoid Sugary Drinks



Jaw Development & Structural Balance



Lifestyle
Oral Hygiene Routine
Regular Dental Care
Clenching & Grinding Control

Guiding You to a Healthy, Beautiful Smile

Early Treatment if Needed
Minimizing Extractions
Comfortable & Less Visible Treatment