

FACEFORMER[®] FACY
by Dr. Bernidsen



Neurophysiological Training Therapy

patented medical product
easy • causal • effective



FACEFORMER® APP

YOUR TRAINING GUIDE



The FaceFormer is the training device for FaceFormer training. The neurophysiological exercise and therapy programme is most effective when you do it regularly and consistently and follow the exercise instructions to the best of your ability.

The FaceFormer app is the ideal training companion for your smartphone. The app supports you during your exercises and promotes the effective execution of the training sessions.

FEATURES

- 🔗 Progress indicator for exercises and training sessions
- 🔗 Display of exercise duration
- 🔗 Announcement of exercise sequence
- 🔗 Exercise calendar records progress in the training programme
- 🔗 Customisable exercise reminder
- 🔗 Adaptation to personal daily routine
- 🔗 Adjustable break between training steps
- 🔗 Free of charge and without advertising



DOWNLOAD

<https://app.faceformer.de>





Health Requires Mind



Dr. Klaus Berndsen

FaceFormer Therapy (FFT) is a result of our many years of neuroscientific research. Decades of experience in the theory and practice of rehabilitation supported the development. The brain is the centre for our thinking and acting. Nerve connections in the human brain form individually in exchange with the special abilities of our organs. They ensure that movements, functions, postures are set up according to automated patterns. Many patterns are already innate, others are consciously or unconsciously shaped by environmental influences. Both can be influenced positively or negatively by external stimuli. Even vital behaviours

such as breathing, swallowing, chewing, eating, drinking, we call them "dominant basic functions", adapt to mis-stimuli and change their original routines. In most cases, this happens in early childhood. Malfunctions, maldevelopments, symptoms of illness, pain, psychological stress, often present themselves as lifelong burdens. Each of these is usually treated with great material, time and financial effort, purely symptomatically, risky and with no guarantee of success and lack of recovery.

FaceFormer training therapy, on the other hand, corresponds to the ideal of a causal neurophysiological treatment. Wrong patterns of "dominant basic functions", maldevelopments, dysfunctions, malpositions, are erased (extinction) and replaced by physiological patterns (habituation). Fundamental prerequisites for the regression of various diseases, dysfunctions and their consequences are thus created. This can only be achieved through neurophysiological training therapy. There are no comparably effective alternatives.



Sabine Berndsen

Step 1 Start position

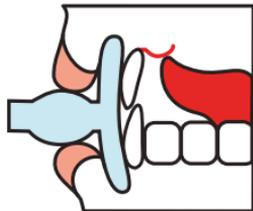
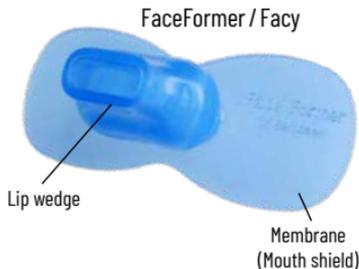
Placing the FaceFormer

The FaceFormer is placed in the oral vestibulum.

1. The FaceFormer membrane is behind the lips and in front of the teeth (oral vestibule).
2. The lip wedge is directed outwards.
3. The lips surround the lip wedge relaxedly.

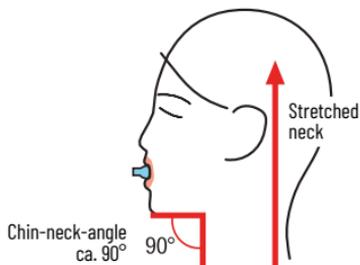
Position of the tongue tip

1. The tip of the tongue is located a few millimeters behind the upper incisors on the palate.
2. There, the tongue tip feels a small bulge. It does not touch the teeth.
3. This position of the tongue tip is always maintained. It is part of the natural, correct posture and must become a habit.



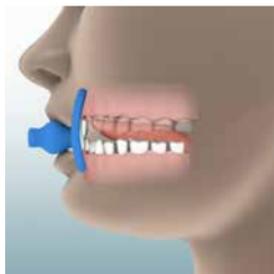
Head position and straightened neck

The head is upright and the neck is stretched.
This natural proper head posture is always maintained and must become a habit.
It determines the head balance, body posture and body statics.



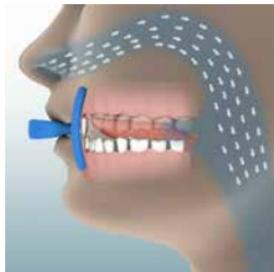
Posture of the lower jaw

The upper incisors are in front of the lower ones.*
The lower jaw is not shifted.
When swallowing, the usual bite position must be maintained!
The lip wedge of the FaceFormer is horizontally aligned.



Nasal breathing is essential

Nasal breathing is vital for good health. It is systematically developed through FaceFormer training.
Nasal breathing must be habituated and automated unconsciously and even during sleep.



*Exception: On pre-displacement of the lower jaw the usual position can be retained.

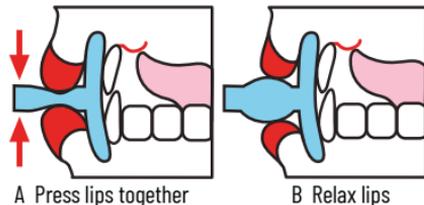
Step 2 Exercises



Basic exercise

1. Press the lip wedge with your lips together firmly for 6 seconds.
2. Keep the lip tension. Bite once with the molars, swallow once at the same time. Hold the position of the tip of the tongue.
3. Relaxation phase: Release lip pressure. Lips enclose lip wedge without pressure. Teeth do not touch.

Repeat the exercise 20 times.



Keep in mind!



Tongue position



Head balance



Nose breathing



3 times a day



6 seconds tension and relaxation



20 repetitions per exercise

Pulling exercise

1. Press the lip wedge together with the lips for 6 seconds.
Pull the lip wedge forward with thumb and index finger.
2. Keep the lip tension. Bite once with the molars, swallow once at the same time. Hold the position of the tip of the tongue.
3. Relaxation phase: Release lip pressure. Lips enclose lip wedge without pressure. Teeth do not touch.



Repeat the exercise 20 times.



Negative pressure training: The membrane of the FaceFormer sucks itself onto the rows of teeth during training. The **right and left hands** alternate during the pulling exercise. You can **adjust and increase** the exercise frequency in the FaceFormer app.

Keep in mind!



Tongue position



Head balance



Nose breathing



3 times a day



6 seconds tension and relaxation



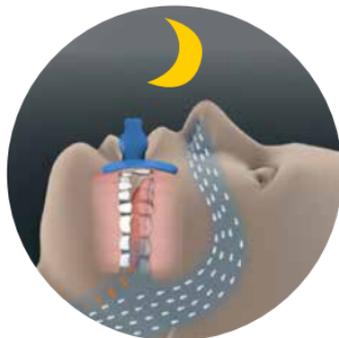
20 repetitions per exercise

Step 3 Nightly application

Your nasal breathing will improve noticeably after about 2-3 weeks of FaceFormer training. From now on, the FaceFormer is also used at night in addition to the daily exercises.

The nightly application promotes

- Nasal breathing and mouth closure
- Underpressure in mouth and throat
- Strengthening of muscles and tissues
- Stabilization of the posture and tension of the tongue, soft palate and throat
- Formation of neuronal patterns
- Automation of movement patterns



THE PATH TO YOUR **SUCCESS**



Tongue tip
upwards



Stretched neck



Nasal breathing



FaceFormer training
at least 6 months

How to practice - Method **3 6 20**



times
a day



→ 6 seconds tension
→ bite together / swallow
→ 6 seconds relaxation



repetitions
per exercise

Consistently maintain the FaceFormer programme for at least 6 to 12 months, even though success occurs quickly.

Side effects: In rare cases, skin irritation may occur in the mouth. Temporarily reduce the training to 8-10 repetitions, 2-3 times a day. Then continue training as described. In addition, regularly care for the gums with a soft toothbrush and apply lip balm to both sides of the FaceFormer's mouth shield.



More info



Continuous FaceFormer training has an effective influence on cranial nerve function and brain performance, neurophysiological patterning, reflexes, coordination, tension of tissues and muscles, forming of underpressure in mouth and throat, functions in the mouth, throat and facial regions, natural breathing, body posture, body movement and sensory abilities.

Causal treatments, such as FaceFormer training therapy, are designed to achieve positive changes that are gradually habituated with lasting success. In many cases, corrected functions replace medication, aids and operations. There are no comparably effective alternatives to cause-oriented training therapies.

FaceFormer therapy brings about positive changes after only a few days or weeks. To stabilise the newly learned patterns, the training is consistently maintained over a period of 6 to 12 months.

FaceFormer applications

- Swallowing disorder / Dysphagia
- Breathing exercises
- Malfunctions of the tongue
- Impaired mastication
- Disorders of speech, speaking, voice and fluency
- Avoiding thumb or pacifier sucking and lip biting behaviour
- Muscle weakness or paralysis of the mouth and / or face
- Before or after face, jaw and tongue surgery
- Malpositioned teeth, jaw anomalies
- Tooth grinding / Bruxism
- Disorders of temporomandibular joints
- Dental restorations and implants
- Sleep disorder, snoring and sleep apnea
- Prevention of mouth breathing and support of nasal breathing
- Sudden deafness, Tinnitus
- Vertigo, Menière's disease

- Pressure imbalance of the middle ear
 - Migraine
 - Activation of cranial nerve functions
 - Disorders of head balance and body statics
 - Impaired salivation
 - Influence on the metabolism, Diabetes
 - Head, face, neck and back pain
- Asthma
 - Reflux
 - Cosmetics, slack skin and muscles of neck, face and chin
 - To increase performance and condition in everyday life and sports

Supplementary pulling exercises



Pulling downwards



Pulling upwards

The supplementary pulling exercises are performed as described in step 2. Only the pull direction is changed.

Enhanced FaceFormer training therapy programme

On our website you will find more information about therapy and practitioners: <https://faceformer.de>



Cleaning and hygiene

1. Each user has his own FaceFormer (no use of multiple persons).
2. The cleaned FaceFormer is stored in the designated hygiene box.
3. Before the first use and after each normal application, the FaceFormer is rinsed under warm water (toothbrush principle).
4. In clinics the FaceFormer is autoclaved regularly (110 to 130 °C).
5. For non-hospital use, at home, the FaceFormer can be sterilized in boiling water for about 20 seconds.
6. In special cases (for example, infectious users), a doctor or hygienist will decide on sterilization measures.
7. **Recommendation:** Replace the FaceFormer training device after approx. 4 months due to high stress and for hygiene reasons.

FaceFormer / Facy



Medical product Made in Germany

The FaceFormer is an approved medical device.

It has been patented under the number 19831741.

Pharmacy: Pharma Central Number PZN 18092273

The FaceFormer is made in Germany. It is made of a high-quality silicone elastomer specially developed for medical applications. The material is free of phthalates (plasticizers), free of latex and free of bisphenol-A.



No Latex



No Bisphenol-A



No Phthalate



FaceFormer Method

The FaceFormer is the training device for a functional exercise and therapy program. Sustainable improvement is achieved by regular, active training with the FaceFormer.

The FaceFormer therapy method we have developed is based on many years of scientific research into the functions and disorders in the region of the head, neck, throat, mouth, throat, nose and ears and their effects on the human organism.

Compare! Devices that promise spontaneous improvement follow the „crutch principle“. As a result of continued maladjustment their apparent improvements often cause new damage and lead to pain in other areas. The FaceFormer method, on the other hand, continuously develops natural movement patterns, postures and functions and stabilizes them in the long term. FaceFormer training therapy is completed when these are automated and a permanently stable condition has been established.

The training changes wrong movements, postures and functions and replaces them with natural biological patterns - as nature intended.

Nothing comes from nothing! Follow the instructions as closely as possible. The effective exercises are simple and require little time. Continue training even if positive reactions occur after a short time. Success is fun. Let this motivate you!

For a lasting success, training with the FaceFormer must be carried out regularly for approx. 6 to 12 months. Then you have internalized and automated the new behavior - even during sleep. Now you can end the exercise program. However, even training twice a week counteracts age-related slackening of muscles and tissue.

Remember! Consistent training is the best way for increasing performance and eliminating health problems with functional causes. With the scientifically recognized and well-proven FaceFormer method, you can achieve this goal in a natural way.



FaceFormer ZERO plus ONE

PZN 18092267 › Artikel-Nr. DI-FF-Z0

The starter combipack for regular FaceFormer training and for use during the night.



FaceFormer ZERO

PZN 18092250 › Artikel-Nr. DI-FFG-PT

The softer FaceFormer ZERO - makes it easier to start regular training, for night-time use, to optimise breathing in sports and for cosmetic applications. Children up to 10 years of age exercise with the FaceFormer ZERO during the entire therapy period.



FaceFormer ONE blue with DVD

PZN 18092238 › Artikel-Nr. DI-FFD-BW

The FaceFormer ONE blue in a set together with the exercise programme for FaceFormer therapy on DVD for common DVD players.



FaceFormer ONE blue

PZN 18092273 › Artikel-Nr. DI-FF-BB

The classic FaceFormer ONE blue - simple, causal, effective for numerous health problems and pain in the area of the head, nose, jaw, throat, neck and back.



FaceFormer ONE clear

PZN 18092244 › Artikel-Nr. DI-FF-KPG

The transparent FaceFormer ONE clear - inconspicuous for training on the go. Functionally identical to the FaceFormer ONE blue.

Links

- **Dr. Berndsen Online-Shop:** <https://drberndsen.de>
- **FaceFormer therapists directory:** <https://faceformer.de/faceformer-behandlerverzeichnis/>
- **Youtube:** <https://www.youtube.com/c/DrBerndsenmedical>
- **Facebook:** <https://facebook.com/Faceformer>
- **TikTok:** <https://www.tiktok.com/@mindtohealth>

Explanation of label symbols used



Medical Device



Unique Device Identification



Order numberr



Lot name



CE sign medical product class 1



Production date



Manufacturer



Protect from moisture (packaging)



Protect from direct sunlight



Informationen im Internet erhältlich (<https://faceformer.de>)



UDI matrix code

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