

IQoro

Treatment of reflux, heartburn, snoring and swallowing difficulties.



IQoro is a patented neuromuscular treatment method by MYoroface AB, founded in Sweden in 2012.

IQoro treats the root causes of reflux, heartburn, snoring and swallowing difficulties. The treatment method is based on over 20 years of scientific research with efficacy proven in 17 peer-reviewed and internationally published studies, financed by the Swedish state and research funds.

IQoro is a CE marked Class 1 Medical Device that is recognised by NICE (National Institute for Health and Care Excellence) in the UK. It has been used within the National Health Service since 2017, and has been available on prescription since May 2022. For more information, please visit www.iqoro.com.



IQoro is a neuromuscular treatment method that restores vital functions in the body. It works by stimulating nerve pathways and activating a total of 148 muscles between the mouth and stomach.

How does IQoro work?

Each time you swallow a piece of food or a gulp of water, a chain of a total of 148 muscles works to transport the food or liquid down to the stomach in a safe and secure way. A lot of important functions in the body start from these muscles.

If one or more muscles are weakened, a number of different problems may occur, and you may have problems with a hiatal hernia, snoring or swallowing.

IQoro trains and strengthens the entire muscle chain. Including the involuntary muscles.

When you train with IQoro, neural pathways from the mouth are stimulated and send signals to the brain. The brain, in turn, commands the muscles all the way from the mouth down to the diaphragm to start working. The muscles are activated and become stronger over time.

As the muscles strengthen, the body's functions are restored. Thus reducing or eliminating your symptoms.

In a completely natural way - without medication.

What symptoms does IQoro treat?

IQoro treats a number of different symptoms that are not obviously directly related to each other, but are linked to problems in the swallowing process. Usually the cause is weakened muscles, which, in turn, may be caused by neurological problems.

Use IQoro if you want to get to the root cause of your symptoms and achieve long-term health. This applies whether you have a hiatal hernia, if you snore or if you have other problems that can be treated with IQoro.

How long does the treatment take?

On average, it takes 6 months of regular training to get results, but many people notice improvement within a few weeks.

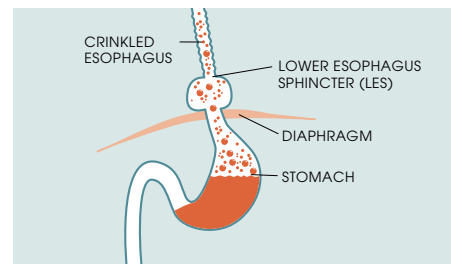
How long it takes to get results from the training varies, depending on the type of problem you have and your individual circumstances.

Maintenance training can be necessary – especially for hiatal hernia and snoring – to prevent the return of symptoms.

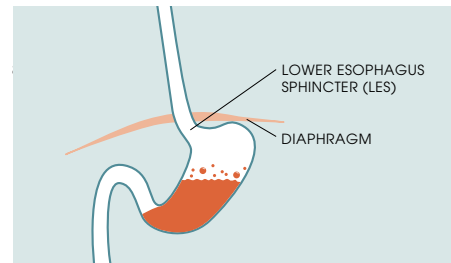
Hiatal hernia

The diaphragm is a large thin muscle that sits under the ribs, above the stomach.

A hiatal hernia is caused by a weakening of the muscle that allows the stomach to slide up into the chest cavity, releasing stomach acid and causing symptoms such as reflux, heartburn, the feeling of a lump in your throat and thick phlegm.



Hiatal hernia

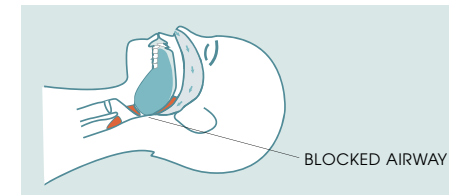
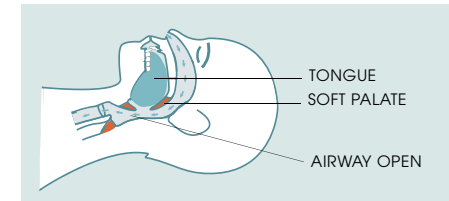


The stomach in a normal position under the diaphragm

IQoro treats a hiatal hernia by activating the diaphragm with high intensity, thus strengthening the muscle. When the muscles are strengthened, the diaphragm can hold the stomach in place. This keeps the acid in the stomach and reduces or eliminates the symptoms.

Snoring and obstructive sleep apnoea

Snoring is often caused when the soft palate becomes too slack, making it difficult for air to pass through. This creates vibrations in both the soft palate and the throat, resulting in snoring sounds.



As well as disrupting sleep, long term snoring problems can lead to vibrational damage to the nerves and muscles in the throat.

Obstructive Sleep Apnoea (OSA) involves short and repeated pauses in breathing during sleep. It is often caused by weakened muscles in the throat and upper airways, allowing the tongue to fall backwards and block the airway. This leads to interrupted oxygen supply to the brain.

It is important to address snoring problems before they develop into sleep apnoea. If you suspect that you are suffering from sleep apnoea, you should contact your clinician.

Training with IQoro activates the muscles in the soft palate and throat, strengthening them, keeping the airways open and reducing the risk of snoring.

Dysphagia

Dysphagia means that there is a disturbance in the ability to eat and swallow. This is also known as having swallowing difficulties and means that a person has difficulty, for example, chewing, swallowing or transporting food and drink to the stomach.

Anyone, regardless of age, can suffer from dysphagia.


Dysphagia can have several causes. Common to all are weakened muscles or poor function in the neural pathways of the swallowing process.

Common causes of swallowing difficulties:


- Weakened muscles
- Neurological illnesses (Parkinson's, MS, ALS)
- Paralysis after a stroke
- Brain injury
- Cerebral palsy or Down's syndrome
- Cancer


IQoro strengthens the muscles from the mouth to the diaphragm. Training also stimulates the neural pathways that run between the mouth and the brain down through the throat to the diaphragm and provides increased contact between the different functions of the body.

Training step-by-step


1. 


- Grip IQoro between your index and middle fingers.
- Place IQoro inside your lips, but in front of your teeth.
- Sit or stand and look straight ahead.




2. 

- Press your lips against the handle. Your jaw should be relaxed - don't clench your teeth.
- Breathe in normally and then hold then your breath.
- Pull straight forwards for 10 seconds while holding with your lips.



3. 

- Exhale and relax for 3 seconds.
- Repeat twice more. (3 pulls in total).
- Train 3 times a day with at least 2 hours of rest between sessions.




Train just before meals if you suffer from swallowing difficulties to get the best effect from the training.



The app is available in English and Swedish.

With the app you get:

- Personal training reminders
- Timekeeping
- Results check
- Instructional videos
- FAQs

Download from **App Store** or **Google Play**

IQoro on mobile

The IQoro app is free, easy to use and works as a complement to your IQoro. It can help you count seconds whilst training, remind you of your next training session and keep track of improvements over time.

IQoro for children

The 'small' size is suitable for children from about 1 to 10 years old, and treats the same symptoms as in adults. The treatment is equally effective for otherwise healthy children who, for reasons other than congenital disease or disability, have problems with eating, speaking and swallowing.

The duration of treatment for children may vary depending on the severity of symptoms. Check with your clinician whether IQoro can be used as a treatment.

Training with assistance

People who are unable to press their lips together or use an IQoro without help can train with the support of an assistant.

You are always welcome to contact us if you have any questions.

Contact details can be found on the back of the brochure.

Detailed instructional videos and more information are available on our website.

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