

For immediate release

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Kristin Shepard gets a real “kick” out of a new invention: The Pure Power Mouthguard is becoming a real hit in Inland Empire, California

Kristen Shepard knows that a new, sports orthotic will give her the edge she needs in order to win her fight against Roxy Richardson.

The two well known kickboxers will battle it out at the Muay Thai Fights at the Hollywood Park Casino on Saturday, November 22, 2008. Shepard has been training hard to become the US Amateur Lightweight Champion.

She was recently fitted with the Pure Power Mouthguard (PPM), a wonder of neuromuscular dentistry that does more than protect the teeth – it actually gives athletes an immediate increase in strength, balance, and flexibility.

“I love using the PPM,” says Shepard during an interview at a local gym. “With having this superior device for the upcoming big fight, it will put me at an advantage for breathing, balance and flexibility.”

Dr. David May, a renowned neuromuscular dentist, fitted Shepard with the PPM. Dr. May is now also fitting a large number of amateur and professional athletes at his Hemet and Redondo Beach practices.

What is the secret behind this miraculous invention? Dr. May, says that it works on the basis of human physiology.

“It begins with looking at how the body functions as a whole,” says Dr. May.

“Over 90% of the population has an overbite, and one of the negative effects of an overbite is that it causes muscle tension. When the neck and jaw muscles are tense, the body can’t perform at its peak. Strength is lost and balance is diminished. So on the most basic level, what the PPM does is allow the body to perform at its absolute peak, in a purely natural way.”

To achieve this kind of efficiency, athletes who are interested in using the PPM must be fitted by specially trained and licensed dentists, such as Dr. May. He says that the key to getting the perfect fit is the use of state-of-the-art equipment which monitors the condition of the jaw muscles so that a dentist can determine where the optimal bite position is.

“Once we know where the optimal bite position is, we can then fit the mouth guard,” he says. “So whenever they put the device in their mouth, it will hold their jaw in the perfect position, freeing up the rest of the body to perform at it’s best.”

Shepard is not the only one wearing the PPM these days. LA Dodgers star slugger, Manny Ramirez, St. Louis Rams kicker, Josh Brown, and Milwaukee Bucks shooting guard, Michael Redd, have all made news by using and raving about the PPM.

The PPM is indeed taking off. It is part of a comprehensive mouth guard system. One protects the upper teeth, while the other, worn on the lower jaw, holds the jaw in optimal position.

There are currently over 200 professional athletes using the PPM, from MLB, the NBA, NFL, NHL, and UFC. This doesn’t include the list of over 1000 collegiate and amateur athletes who are embracing the PPM phenomenon. The inventor of the PPM is Dr. Anil Makkar. Both Dr. Makkar and Dr. May are graduates of the esteemed Las Vegas Institute (LVI) for Advanced Dentistry.

Shepard states, “I always love it when people ask: ‘What kind of mouthpiece is that?’ I tell them that it is the best mouthpiece that has ever been on the market. I love showing other athletes the flexibility tests, as well showing them how I can bite and take deep breathes. They are always blown away.”

“I would encourage anyone who is interested in improving their athletic ability to talk to a dentist about taking a short and simple test for The PPM,” says Dr. May. “We all have different goals when it comes to sports, but there isn’t anyone who wouldn’t like to have an overall increase in strength, balance, and range of motion. The PPM is a great, natural way to achieve these things.”