

MOTION MONTHLY

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Nutrition Corner: Water Intake

A general guideline for the necessary water intake per day is half your body weight in ounces of water per day. So a person weighing 150 pounds should drink 75 ounces of water per day. Not alcohol, soda/pop, coffee, juice, or slurpies.... Water

E-Book Release

Laws of Motion is excited to have released the new e-book, "Unlocking Your Golf Swing", and is available for a free virtual download. Click [here](#) to download your copy today!

Community

Laws of Motion is proud to announce that we have made a donation to Lily's Pad in Tempe with a percentage of revenue from quarter 2.

Baby Talk

We wanted to share a more personal story for the September Motion Monthly newsletter and blog post. August was National Breastfeeding so this story is very fitting. Our son, Cooper, was born with a tongue and lip tie which caused him to have difficulty breastfeeding, increased gas and reflux, and poor suckling due to the inability for the tongue to reach the roof of his mouth which caused him to have smaller feedings making it near impossible to sleep through the night. On top of that, he was unable to open his mouth wide enough to take a bottle.

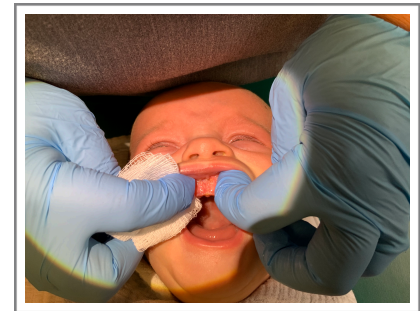
About 2 weeks ago Cooper had a laser procedure done to help correct the tongue and lip tie and the results have been amazing. He is able to lift his tongue to the roof of his mouth, he can open his mouth wider, he can eat from a bottle, and he has been sleeping better at night. Game changer!

Following the procedure, we have been working with him on his "exercises" to maintain the mobility of his tongue and lips to prevent them from scarring back down. If you are having trouble with your little one, we highly recommend a consult and then working with a PT following to help with the exercises to benefit. Check out more on the blog post for a full list of the exercises and more of our story!

Before



After



Check out www.lawsofmotionpt.com/blog for more info!