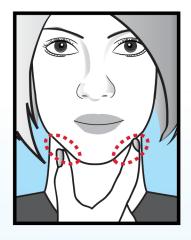
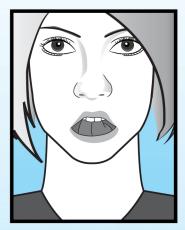
## 3 Suggestions for improving saliva generation

1



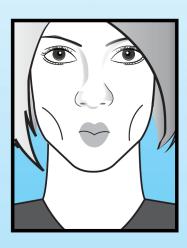
Rub back and forth under your chin.

2



Hold or rub your tongue to the roof of your mouth.

3



Suck your cheeks into your mouth.

