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## Is Puffing Your Cheeks Bad

If I puff my cheek out (keeping my mouth closed) and then force more air into it I hear a kind of pinkling crackling sound in the ear on that side, and the inside of my cheek tingles.. He also yawned a couple of times, which can be stress, but there was no lip licking.. From what I've read on the internet, 'cheek puffing' is a sign of stress - is that what this sounds like? I'd have thought the almost-closed eyes would be a sign of relaxation, so I'm a bit confused.. My cheek is then sore for several hours afterwards Then I would say it's a sign of a bad doctor.

### **puffing cheeks**

puffing cheeks, puffing cheeks meaning, puffing cheeks with air, puffing cheeks out, puffing cheeks playing trumpet, puffing cheeks while playing trumpet, puffing cheeks exercise, puffing cheeks cranial nerve, puffing cheeks benefits, puffing cheeks while sleeping

### **puffing cheeks with air**

### **puffing cheeks playing trumpet**

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