



Wellness Solutions

Take Control of your Health



IDental Distress Syndrome and Proprioception

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Stress is considered to be a significant risk factor in all disease, and that includes heart disease. Hans Selye has called the Dental Distress Syndrome the worst stressor known to mankind. It is a hidden stressor and is estimated to affect over 75% of our population. A 1986 Harvard publication studied the morbidity (cause of death) of 33,000 doctors. Like other Americans, the number one cause of death was heart disease and the number two cause was cancer. Surprisingly, the highest risk factors were not cholesterol, high blood pressure, lack of exercise, and obesity, but rather the loss of teeth. The loss of 10 or more teeth resulted in a 67% increase in heart attack and stroke. Moreover, this type of stress cannot be treated by currently known stress reduction techniques.

Embryology provides some answers. The egg and sperm unite to form the ovum. At 3 weeks, an ectodermal thickening appears. This separates to form the neural tube and the neural crest. The neural tube forms the central nervous system (CNS), including the brain, the spinal cord, thalamus, hypothalamus, midnose, upper lip, premaxilla, part of the forebrain, ½ of the master pituitary gland and the four maxillary central incisors. The neural crest forms the peripheral nervous system, all the sensory receptors, the other ½ of the pituitary gland, all other hormonal glands, and the rest of the dental system, except for the tooth enamel. The neural crest cells function to gather sensory information for the CNS, and the over-all body, through proprioception and kinesthesia. Faulty inbound information equals faulty outbound instructions. The brain functions like any computer, i.e., "garbage in - garbage out." The dental structures are comprised of neurological tissue. Therefore, a dentist should be a neurologist of the highest order. But "the dentist" has not been trained in this delicate neurological balance. He does not understand the mouth's affect on the rest of the body.

Proprioception is defined as stimulation of the body tissue to activate protective mechanisms. Much is known about proprioception in the feet and elsewhere, but the mouth is generally ignored. This is despite the fact that proprioception between the upper and lower front teeth is more delicate than anywhere else in the body. Dental proprioception is the main signal to both the thalamus and the hypothalamus; the former controls the cerebellum and posture, and the latter controls the stress mechanism. Newton's Third Law of Motion states that for every action, there is an equal and opposite reaction. The cerebellum requires proper information from the 5th cranial mandibular nerve to proceed with postural adjustment. Thus even small changes in the dental proprioception easily reflect in the neck, shoulders, arms, lower back, legs and

feet.

Penfield and Rasmussen state that almost half of the sensory and motor aspects of the brain are devoted to the "dental area." The mandible--maxilla occlusion affects over 50% of the body functions including motor and sensory actions, blood supply to the brain, and low level electrical feedback to the brain. According to the Price-Pottenger studies, the mandibular/maxillary relationship in populations consuming mainly refined food diets is altered from birth, causing underdevelopment of the premaxilla. This faulty relationship causes the 68 pairs of muscles that regulate the mandibular position to fire in response to proprioceptive feedback. These 136 muscles are supposed to be reciprocally balanced, and able to contract and relax naturally. When they are unable to do so, and become tight, then faulty proprioceptive feedback occurs. When these muscles are not in a state of homeostasis, dental distress syndrome is perpetuated, resulting in reduced blood flow to the brain and pituitary gland. It is believed that this structural problem is a factor in most diseases. A Japanese study of more than 25,000 subjects shows that loss of posterior vertical dimension has a 75% relationship to over 100 medical parameters!

Low level laser therapy (LLLT) and a simple splint can eliminate faulty proprioceptive feedback to the brain from the dental area. Miracle Bite Tabs? (MBT), developed for use by both professionals and lay people, temporarily relieve faulty proprioceptive feedback to the brain. MBT? are self-made splints that fit over the lower back teeth. They are economical and can be made quickly and easily in any kitchen without any special tools.

The LLLT protocol is as follows: laser under the angle of the jaw (internal ptyergoid) on the high shoulder side first. Then laser over the TMJ, just in front of the ear (lateral ptyergoid). Third, laser the area just below the collar bone. Fourth, laser the shoulder blade on the high shoulder side. Fifth, laser the area in the groin where the leg meets the torso on the high shoulder side. Last, laser the buttock on the high shoulder side.

Elimination of faulty dental proprioception with the correct splint, and the use of the right low level lasers, in the appropriate order, and in the right places, can greatly enhance the well-being of humankind. This should be considered as a first line of treatment for any complaint.

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