Introduction and Whole Body Dentistry Background

Good morning. Good morning, Doctor Willie Richardson. How are you, sir? I'm actually Doctor Maureen. Good to see you again. Good to see you. Good to see you.

So before we get started, I want you to introduce yourself and tell us a little bit about, your, your, background and the uniqueness and everything that is unique about you.

You're not just the dentist down the street. Yeah, I practice what I call whole body dentistry. And basically what that is, is a method of looking at the body by way of looking at the stomata and at the system, which is the mouth and all structures muscle, teeth, TMJ, teeth and everything.

Little bit of my background. I'm a dentist for over 40 years. I'm a graduate of University of Maryland, 19 1974. So almost, over 40 years. So, and I thoroughly enjoy what I do.

I've been at my current location since 19, 1979, I believe. Same location in West Baltimore. So, and I do a different variety of thing. I do general dentistry in general, but also when I'm evaluating someone, I'm also evaluating body function as well.

By way of the oral cavity. That's a little bit of what I do. And that and that by itself is unique. You know, we all go to the dentist, we go to the dentist a minimum of twice a year.

But we never hear anything about holistic dentistry. So tell us exactly what is whole body dentistry? Okay. Well, let me sometimes saying holistic dentistry is kind of a misnomer.

There are many holistic practitioner if their primary concentration is on materials where they don't use mercury fillings, and they do some other things and they may use some, some natural antibiotics and things like that, but whole body dish is a little bit different.

I call I call it a holistic dental concept. Basically it's understanding the relation between the mouth, all structure, oral cavity and the rest of the body.

That's basically what it is. Of course, there are many things that happen in the body because as a result of what's going on in the dentition in the oral cavity.

So it makes a big, big difference. That's basically what it is. It's more of a philosophy is how I started. The philosophy is simply this we look at the whole person.

When we examine the mouth, we also look at the whole person. Not only do you take medical history, you also take chief complaints and other complaints that they may have.

And some of those complaints sometimes are related to dental structure, but the patient may not know that, nor do their physician know that. Wow, that is that.

You're absolutely right. Recently there's a lot of, material out there now and research done where, dental problems caused so many other problems. So, so, so tell me how how are the teeth connected to certain bodies functions?

That's that's a great, great question. And that's really the key. Well, the bodies connect. The teeth are connected by function by way of the tri general nerve.

The tri in general nerve is the fifth cranial nerve. And the thing that's unique about that nerve, it where it's in is to

bring it. It's activated through the reticular activating system into this, the cerebellum.

And the cerebellum is a part of the brain that control motor movement. And that's the key. So what happen is the teeth help balance the body by way of its motor function.

Okay. And signals that arrive in the brain from the teeth sometimes, signals that are incorrect, meaning that it's telling the brain that a muscle in your leg, for example, is out of balance.

So tighten and muscle up so that muscle tightens, but the brain keep receiving the incorrect signal. So the muscles become tight. And over time it causes other issues as well.

And some. Just to give you an example, some issues I've seen issues that involved with the diagnosed medically as poor circulation, but is simply that a muscle is so tight in the calf, the leg that it actually springs, the blood flow.

And so once the muscular problem is corrected, the symptoms of the poor circulation goes away or central, the blood clots in the leg go away. Makes makes a lot of sense.

Makes a lot of sense, strategically makes a lot of sense. Tell us a little bit about what is muscle dysfunction. Muscle dysfunction simply means that, well, everyone knows that muscles contract and relax, muscles contract and relax, and that's how they create their function.

What Whole Body Dentistry Means

But what happens if a muscle contract but yet it doesn't relax in a state contract over a period of time, and it keeps receiving signals to contract more, contract more, contract more when that happen.

Because muscle attached across joints it can cause joint dysfunction as well, such as deterioration in the joints. So sometimes that what happens is if a muscle is tightened often enough and over periods of time to college and the bone structure can begin to change.

And what medical doctors may call osteoarthritis, for example, because, for example, the knee, they may say, well, you have ball bone, but that's not all the time because of just wear and tear, normal wear and tear from just whatever, job you're doing or whatever you're doing.

It's also from, constant muscle contraction. And there's a reason physiologically for that. When muscles contract over a period of time, what happen is, a constant force will cause, osteoblasts to become osteoblasts.

And basically what that is, osteoblasts, a bone build itself. But osteo clastic cells are bone eating cells. And basically we see that in dentistry when we're doing we put bracing on someone's teeth, by the way, we're able to move a bone, a tooth through bone.

How do how does that work when we exert and also the pressure on a tooth that's constant. What happened is because the bone on one side of a tooth to resolve, but it also caused bone to be deposited on the negative side of a tooth.

In other words, where there's positive pressure, bone cells will come together and form osteo plastic cells, and those cells will become bone eating with the same thing happening.

All things change. For example, in the knee, because of the tightness of the muscle across the joint, those bone cells can fuze and actually become bone eating cells as well as the The cartilage in the teeth can form can't replace all the cells that form, cartilage.

What kind of class? A bone to cell that actually eats away cartilage. So when that kind is under pressure, it can be eaten away near the college. And the bones are designed to take pressure, but it has to be intermittent.

But when it becomes a constant pressure over time, those cells confuse and become destructive. Cells. Just to kind of get an idea of how that would work.

So muscle dysfunction creates many things are very common. Example of muscle dysfunction is the chronic headache, what people call tension headaches and so forth.

Right. Well, most headaches and muscle, they're really not in the head by stretch. They mean they're usually in the muscles. And only muscles in the head that usually exhibit headache characteristic are the muscle mastication, such as the lateral pterygoid, the medial pterygoid muscles, and so forth.

And those muscles do a number of different things. And the head is but also because of dysfunction in the mouth, you can get spasm, you neck muscle spasm, and you shoulder muscle, as well as the back muscles that can refer pain to the head.

So when headaches occur, depending on which part of the head where the pain occurs will tell you which muscles are involved. That is very interesting.

We, we chatted a little bit about PMF and, PMF. I typically use that, in my office for people coming in with headaches and, tension headaches or muscle tightness.

It reduces one of the number one things with PMF is reduction of inflammation. So so that actually kind of goes a little bit hand in hand. We're just going for the oil.

And could you explain PMF for and sort of the average person understand what's PMF. It's pulse electromagnetic fields. Yes. In our body we have electricity and we also have a magnetic field.

This is how life goes on and how how, the body functions when we do an EKG. We're measuring the electricity in the heart, by, the mere, electromagnetic force in our body.

We stimulate the cells and the mitochondria create ATP, which is life itself. So by using this external, force of pulse electromagnetic fields, we excite the cells so the cells become, more be able to produce more ATP.

Cell walls are repaired so that you have. But the nutrients coming in and toxins leaving, it's it's it's almost like the, the here in Maryland today is going to be a nice day.

So we open our windows, we get the stale air out, we get a little bit of fresh air. And so that's, that's the concept of PMF for the audience. Thank you. Got it. Yeah.

I can understand how that would work because what happens is when most of the contractual periods of time, what happens, you get an accumulation of lactic acid, which is inflammatory.

And not only that, the cells get depleted of the ATP. In other words, they can no longer produce energy as much because it's been used up. So when you go in with a pulse, what that will do is actually begin to get rid of the inflammation, break it up and stimulate, more ATP formation.

Is that right? Now that is exactly it. Okay. You're good. You got it. You totally got it. So. But we were talking about, dentistry and how it can create, or create conditions or help eliminate, conditions and diseases.

Teeth, Nerves, and Body Function

Tell us a little bit about that. Well, there's so many things that's involved with, the teeth and how different body function occur. Let's talk a little bit about headaches. I mentioned that a minute ago.

For example, if someone suffers from chronic constant frontal headaches where you have headaches across the forehead from headaches. Well, usually that's coming from the neck.

But you might say, well, if the neck is in spasm wise and they can spasm, why does it keep reoccurring sometimes because a person can have traumatic occlusion to the anterior teeth and to the teeth of the front teeth.

Okay, when the upper front teeth and sides are traumatized, tightens the neck muscles and they can be traumatized by another way. One way can be a tongue.

And that's where a person, when they swallow, they put excessive pressure against the back of the upper front teeth. When that happens, those muscles in the neck can contract.

And the reason being because the trigeminal nerve innervates those teeth actually send signals to the brain saying that you are the most telling the brain that the muscles are out of balance.

But it is not the muscle is the tooth out of balance. It's like if I'm on my computer keyboard and I asked, I want to type something to say, I want to be a white boy, right?

If I put my finger on a baby and I'll never take it off the B, guess what happened? Because it keeps showing up on my screen. It's almost like, the signal was going to brain tighten the muscle in a muscle, your child and tight it.

When the muscle goes in this pattern, you interpret that as headache. So that's why you have headaches. And the same thing can happen with this muscles in the shoulders and so forth.

The headaches will be more on the side if is down low. And sure, it can be down even in the cheekbone. And if the muscles are involved, that in the skull, for example, like the pterygoid muscle or the master muscles, those muscles are going to spasm, come in for pain behind the eyes and also into the sinus.

So that's an example in many chronic sinus condition by the way is simple can be a muscular problem that causes a mucous membrane to swell the size causing the nose to stop up and the person can't breathe, as well as causing excessive mucus production.

Because muscles add this irritants to other body parts, especially mucus lining organs and tissues, or glandular tissues is that is very, very interesting.

You would definitely, not. Like I said before, not the dentist down the street. This is like I've learned so much in just, just a few, few minutes. Now, tell us, why is dental history so important in a medical evaluation?

Well, dental history is important in medical evaluation because sometimes when you can determine the onset of something, sometime it can be followed by a dental procedure. I give an example.

Matter of fact, it's about maybe four weeks ago. Someone call me. Their knee has started hurting, for example. And I said, well, how long you been having knee problem is it really just started about a week ago and said you haven't had that problem for they said no.

I said, well, let me ask you a question. Did you have a tooth taken out? So, you know, I have to have a tooth pull? I said it was in the back on, on the same side that the knee is on.

They said yes. I said it could be that you may have a traumatic bite where your just the pressure that goes toward your teeth have shifted and that can cause tightness of the muscles in the thigh which attach across the knee joint, which can actually cause knee pain.

And so, that person has not been in yet. But anyway, I just that just came to mind. But other things happen is that I always say this. One of the things, as a dentist, we actually create and eliminate more health problems than any other profession, not knowing that we did.

So I'm going to say that again because I think it's important we as dentists create and eliminate more health problems than any other profession. I give an example.

For example, if someone is, let's say a teenager, come in, let's say they're 18 or 19 years old, and they have a toothache and we take out the first molar we call the six year molar, by the way, the molar.

They come into the mouth, you get one, two, six, 12, an 18, 18 year old, what we call the wisdom tooth, right as nickname. But anyway, when you take out the, the first molar, what happened?

You get a shifting of the teeth. And where the second? Well, we have a tendency to drift forward and kind of lay down on the job and buy a custom made this back.

But over a period of time, it may be ten, 15 years because of the occlusion when that tooth is not replaced, they get trauma to the back cusp of teeth.

When bicuspid teeth are traumatized all the time, it causes excessive tightness in the thigh muscles that attaches across a knee joint and can cause any deterioration in the joint itself.

That's just an example. Okay, I think, also, not only is the dental history important for, for dentistry, but also important for medical people because some of the onset problems that people may have may have a dental connection.

I'll give you another dental connection that may seem extreme. For example, there are some young young women at the age of say, 12, 13, 14 when it first start.

Some of them have a chronic problem of excessive, excessive cycle with a cycle still on a long time, so forth. And sometimes that can actually be a dental issue, okay?

It can be a dental issue because what happened is, as the 12 year old erupts into the mouth, it can have a mouth eruption where it doesn't come in correctly, creates an imbalance.

And the imbalance in that area can create spasms in a lower back muscle where the person may not notice the back muscle. But what happened is it can act as an irritant to the uterus and acting as an irritant.

It can cause excessive flow and so forth. That's another example. And there are many, many, many examples. We could talk all day about the different types of pain that is that is like so interesting because in my office I generally, I, I do chiropractic, I more concerned about the muscular skeletal system.

I never asked that all questions. So, this is, this is this is good knowledge. Give us a few more examples, because, I'm sure that, our audience actually would find this very interesting because this is, this is stuff that you, you don't hear anywhere.

And where else as a chiropractor, I'm sure you get, many stiff neck and stiff backs and so forth. Right. You may notice that even with someone coming in, they have chronic stiff neck and you can do adjustment that gets that they get better and they they may subside and you'll notice that it keeps coming back.

Muscle Dysfunction, Headaches, and PMF Therapy

If that condition keep coming back, well, you may want to look at a dental apparatus because there could be a problem with, and also the teeth, causing that condition, for example, some of the things that might do that if you were to look at a person and they had, say, an open body, when you look and they bite their teeth, they go like this.

And you see space where the front teeth can't come together. They may be it may be a tongue thrust, or if the a tongue twisters they can actually create spasm in the neck muscles.

Okay. It could be a situation where they've lost all the back teeth. More teeth. They have not just the front teeth that can also create spasming neck muscles.

It could be that someone, just a dentist, just put in maybe a bridge in the front of the mouth and the bridge is in has a traumatic occlusion that could create problems in the neck muscles.

When you create a problem in the neck muscle, over time you're going to get, changed in a cervical spine. That's going to be, the, the bone encounters in those area as well, creating pinched nerve.

Another example, for example, carpal tunnel symptoms by and large, believe it or not, are not caused by repetitive motion. They actually caused by, trauma to the teeth.

Repetitive motion aggravates a condition, but it doesn't cause it. The teeth actually causes the neck muscles become spastic. When the neck muscles become sparse, it can cause a pinching of the nerve X in the, exiting the vertebrae, cervical spine to the hands create numbness and so forth.

So usually as a dentist, if someone, say, has carpal tunnel symptoms, I can usually evaluate their mouth and I can tell them which hand is worse. And also I can tell not on which hands or worse, I can tell them which fingers are worse based on a general evaluation.

Well, I'm certainly going to be sending my husband to see you because, he has, probably nine of his original teeth left because, as a child, he was asthmatic, and he used a lot of, steroids.

So it destroyed his teeth. And he has chronic back pain and neck pain. Chiropractic doesn't seem to really be helping. So that definitely is is something interesting that chiropractors would actually find useful.

And also, medical doctors should find some of this information useful to self. Do you have any other anything else to show us? The talk all day? Yeah.

Just talk a little bit about ask me. Husband had asthma as a child, right? Yes. Okay. Well one of the things I can do and children that have asthma, if they have their primary teeth already in place, I can do some things only to those teeth.

They can actually have the asthmatic symptoms that I've had patients that, a few asthmatic kids who will go to hospital once or twice a month and be able to get them so within a week or two weeks that they don't even need to go anymore.

Okay, so asthma itself can have a direct relation to the vertical dimension of occlusion. And basically what that means is that the teeth are not erupting into the mouth properly.

And the reason the teeth don't live up properly can be a number of different reasons. One of the reason the teeth don't erupt properly is fetal sleeping.

Fetal sleeping can be detrimental not only in kids but also in adults, and that's not the whole topic in itself in terms of how fetal sleep can affect back pain, nicknames and so forth.

Okay, so, the mouth play a very integral role in a number of things that happens in the body. Anyway, you have mucus on an organ. And of course, with asthma, for example, we know that, the, in the lungs here, mucus gland tissues and so forth, and that can actually cause asthma.

One of the things that, people who parents who have children with asthma, you know, if a child don't like what it is that you're saying, do you realize they can actually trigger an asthma attack?

You say, if they can trigger. And how do they do that? All they have to do is frown and hold it tight. And guess what happened? They can actually trigger an attack.

Okay, just to give you an example, one of the things that happened also with asthma, many people know that, some children outgrow asthma and some don't.

So some children outgrow asthma, some don't. Why is that? Interesting question, isn't it? Well, the answer is it could be caused by fear of sleeping. Because if someone sleeps and and most people know with fetal sleep and they sleep in, in the womb like a baby, or you really ball up and that and you ball up in a night, what happens is your jaw stay in a clench position.

If the teeth are clenched, especially during sleep, what happened to the teeth cannot erupt to their proper height. Wow, the teeth are too short. When the teeth too short means that you don't have the correct vertical dimension of occlusion.

And what happened is you get signals. Go to the brain to tell them most of the time to create balance, but to balance out imbalances in the teeth and not in the muscle itself.

So that's one of the things that can happen. That was very interesting. You mentioned that you you're writing a book. Tell us a little bit about what, what is going, into this book and, what what is the motivation?

And the motivation is just to be able to, just I've been blessed as a dentist to, to be in this profession. I really, really enjoy what it is that I do.

But also, there's just so many misnomers in medicine and other areas that, have a dental connection and people just don't know in a profession. People don't know as well.

So I call the book whole body dentistry, the tooth body connection, whole body dentistry, the tooth body connection. And I'm away from finishing. But even though I've written maybe, maybe a hundred pages or so, but I have a long way to go.

And there are some basic concepts that need to be explored. One of the concept is understanding that everything in the body basically works on the three categories, and the three categories are.

Everything in the body is either biological, psychological, or structural. Of course, talking about the dental component, we're talking about structural relationship.

And each of those components impacted by everything is biological. So if you're talking about nutrition, you're talking about what biological. If you're talking about what's going to mind that to trigger certain other thing you're talking about psychological and by the way, all those categories of the only.

Right. So sometimes have an even with structural problem if you have, adequate nutrition that can also counteract some of the effect of what's going on structurally as well.

So everything overlap. You really can't separate the body into bits and pieces. Everything works as a whole. Okay. Holistic concept, template. This was, this is actually a lecture that I've done for some professional lectures and so forth.

Let me just explain this little thing here. This is a very good that can that's supposed to be an iceberg. Can you see that on the screen? Yes. That's an iceberg.

And the whole significant thing here is that iceberg, the person, the part that we see above the water, it's only it's very small compared to the part below the water.

But teeth kind of work in that way. The thing that we see when we look at the teeth, we're looking at the smile, the chewing and so forth.

Dental History and Body Pain Connections

But then the the bulk of what teeth does is below the surface where you can't see it. So it you don't know what they do or you don't. Okay. So that's below the surface.

Let me slide down to another thing. Holistic dentistry is really an approach in the diagnosis and treatment of different disease of the body by using this to matter.

And that's a system just as oral cavity and associated structures as an adjunctive diagnostic aid in treating pain and other symptoms of the body from head to feet.

Okay, they're actually foot problem. Believe it or not, they can be actually caused by problems in the mouth. For example, if someone has a has a condition where they they they get up and they have like pain on the bottom of the foot, they get foot, foot cramps.

It can be that the Lord and incise of the teeth are actually being traumatized. You can have a tilted third molar that can create heel pain, for example, which is which mimics, heel spurs, for example, can actually be a dental problem.

So sometime before you do dessert, you may want to have a dental evaluation by someone who understands how to do that. Okay. So that's basically what that is.

And of course here we know about headaches and things like that. But the other thing give you an extreme example of what can happen in the head as a joke as a result of dental issues, can be some kind of pseudo tumor where you have growth behind.

I get this tumor growing behind the eyeballs and it's, medically called a pseudo tube, but it actually can be caused by psychological stress combined with certain or, situation where there are certain relationship between certain teeth can actually cause a condition.

So this is a little diagram just kind of shows the relationship between the the body and this the psychologist means the mind what's going on in the mind.

So for many time when someone feel bad, for example, there's a whole cascade of things that happen. If, for example, you, you may not be feeling too good because of what's going on psychologically with you, believe it or not, that can affect the somatic nothing system, which is your your mouth and the occlusion and so forth.

And there are many things that happen to the body that medically that have been said to be etiology unknown, but yet it can be, a condition where what's going on in the mind is combined with what's going on in the, in the face, creating different problems in the body.

Okay. And what what I mean by that, for example, if a person is kind of not feeling so good, they feel sad, you know, you have a walk by someone, they look at being sad.

You can kind of tell on their face, one of the things that happen when you hold your for when you frown, for example, your teeth will have a tendency to come together.

And if you have significant imbalances in the mouth that can affect different body parts, okay? That's why sometimes some person can say, I got an instant headache.

I'm sure you probably heard that expression as such came by me and I got it. It's a headache, but they don't realize it was their attitude toward that person that actually caused a headache by way of what they did with their facial muscles.

When it use the facial muscles to frown, it actually also help the teeth to come together into a occluded position, thereby triggering different problem.

Okay, so this is just a diagram a little bit of what I mean. I call it a psychosocial union where what's going on your mind affects your mood okay. When your mood is affected affect your hormonal response and so forth.

You know, you could even go into a fight or flight response based on what's going on in your mind. And, also create a different hormone change in the body itself.

So what's going on in the mind can affect your mood, which can affect your stress level, which can affect your facial expression. And facial expression is really a form of learned behavior. And and that affects your muscles, by the way.

It's great because facial expression is determined by the facial muscle, which is about the fifth, the seventh cranial nerve control those muscles, by the way.

But also the fifth cranial nerve is also involved with the teeth and also take up that sensation as well. So I intend to give a lecture tomorrow. Let me kind of stop there and see if you may have a question or two, and I'll keep going.

So far, so good. This is this is great valuable information, and I'm sure our audience would agree. So. So continue. Okay. So, anyway, the way the mind and the body come together, I call the body the soma, and it's called cycle.

That's the mind. But, headaches, sinus problem and migraine can be a result of these things. Faith spasming, to form spasm in the, the face. Neck shows back, legs and and feet, short, short range symptom, maybe headaches, migraines, sinus problems.

Okay. But what about long range from long range problem can be many different forms. Arthritis including things like osteoarthritis even rheumatoid arthritis can have some influence, even though that's also involved with, bacteria called mycoplasma that could be involved with that.

But other words, the body can be affected from head to feet by what's going on in the mind also, and what's going on in the, with your dentition. Okay.

So this is kind of summarize what I'm trying to say here. What's going to mind can affect your mood and your stress level, which affects facial expression which is affects the somatic nasal system is the all structures the teeth, the jaw and so forth.

And that itself causes stress. And, they can affect your posture and the body as well. Now, how does that affect the parts? For example, if you see someone is kind of having a bad day and they kind of a low mood, you may notice their pockets kind of slumped over. Right?

But that could be because of what's going on up in their mind that's causing their mood to be change, causing stress level, facial expression change and so forth.

So that can actually affect the whole body. And so so when we look at a categorize a body function, everything falls in size, a logical biological structure.

And I think I said this before, everything kind of overlaps as I show in this little triangle here. And this right here is kind of another sum in terms of what actually happened.

You stress stress, is first burst is psychological and physiological. I'm gonna say it again. Stress is psychological. Physiological. Okay. Psychologically I think everybody probably know what psychological stress is.

What you're thinking in your mind can actually produce stress, you know, whatever you're doing. But not only that, physiologically, of course, stress can be, for example, repetitive motion if you're doing a particular task, for example.

But those days you can actually create trigger distress pain cycle. And when those things trigger that pressure stress pain cycle, it can create trigger areas and different muscles.

Why is that? Because physiological stress and psychological stress actually impact your musculature system.

Okay. It affects your posture. It can cause gastritis and ulcer.

What I mean by that, as a matter of fact, just recently I had a patient that had had a problem with, what's been diagnosed as a possible also. But they weren't sure because they did the scoping.

They can't really find anything. What happened? I examined her from a dental perspective. What I found out was that she had spasm in her right shoulder.

Asthma, Bite Problems, and Occlusion

When you have spasm in a ratio that can actually affect the stomach, depending on which muscle involved in the shoulder, and it was in the shoulder blade.

If you go behind the back in the shoulder blade, that muscle was so sore. It's triggering so much discomfort. It was being, referred to her stomach. Just as you get a frontal headache, for example, the pain is in your neck.

It's not the head, but the shoulder muscle can also refer pain to your stomach. And that's why she would have she would actually throw off and everything.

So long story short, what we did do, we found out what was going on. We made a splint and what that is the mouthpiece that you can wear to reposition your jaw.

And not only that, we did a couple of trigger point injection, which, using local anesthetic, just like, a nerve block and doing a dental procedure. And what happened is the symptoms went up and it's been more and more controlled.

The person has improved about 75, 80%. They've only had a couple episodes of that. Okay. Let's give you another example. Things like phantom pain, chest pain.

There are many people that end up in emergency room with, chest pain that seem to be a heart attack. And they do all the tests, everything. They can't find anything.

Well, sometimes what happened is when the left shoulder go into spasm, you can refer pain to a chest wall. Where pain goes through a chest wall can be interpreted as a heart attack.

And of course, you want to always evaluate that first, by the way, you want to make sure that's not there and get the evaluation done, EKG and so on. But anyway, so sometimes it's called phantom pain medically, but in actuality it's actually triggered by muscular tissue.

And that can be caused by teeth in the mouth, especially in the molar region. And if you have chest pain on the, in the left chest wall, that will be caused that problem on the right occlusion, the right bite, the right side of the face.

Okay. And if you had gastric problems like I was just describing, that would be caused by the teeth on the left side of this, which affects the right shoulder.

Okay. So just to give you a couple example there. So let me stop there. And you may want to ask me a couple of questions and I'll keep going. I don't have any questions.

This box, like I said, is great. Great information. Okay. So let's look at a couple other things. This is just an example of, a good occlusion. Occlusion? Meaning how the teeth come together.

So this is a good example of that, that the thing about the cimetidine that the system, when we talk about the oral cavity and its structures, it's not just the bite of the teeth.

Occlusion is actually neuromuscular. It's neuromuscular neuromuscular situation. Other words, when you look at

this balanced bite here, which is pretty balanced, we look at that.

That's the neuromuscular function as well. There are signals that are going from Dubai where the trigeminal nerve into the brain that says muscles your balance.

And why? Because the teeth balance okay. Also the temporal mandibular joint, the TMJ, we call it many people have heard the word TMJ. They're just me.

Temporomandibular joint when you have TMS doesn't necessarily mean that you have, a condition. Okay. Even though it's kind of used in that way, TM just means temporomandibular joint.

Now, whether you have a dysfunction in that joint, that's another issue. Basically what happened through the process of proprioception and proprioception is the nerve impulses that come from, the part on ligaments around the teeth.

Also, there's a dual mechanism around the teeth and also as in the TMJ, when you lose a tooth, for example, the term joint becomes primary, whereas when the teeth are there, the teeth are primary or secondary.

Okay. So facial expression also affects system, the magnetic system. If you're frowning for example, it makes it much easier to clench your teeth. And if you haven't balanced, that can actually be an issue as well.

I won't get into that too much. But just to show you how to arches together, how one tooth is supported by, I'm sure, a couple thing with you. Now, here's an example of compromised.

Don't like what I mean by compromise. Something has happened where things don't look like that bite don't look like the previous bite, does it? This was created by sucking the finger.

This problem was created by sucking the finger. So if you look at this, this person is going to have problems in the back of the mouth. Because what happened here is that the teeth are out of balance.

You don't have to be a dentist to tell that's out of balance. So now if this person say, for example, let's say they came in because they had asthmatic problem.

And by the way, this person didn't have as many products. If they had as many problems. One of the things I would do when I look at the mouth and what physician do they look at the mouth, they look at the tongue, they look at the throat.

They never see the teeth. Okay. I would look at as something that look quite right. You wouldn't have to be a dentist to tell that's not quite right. Right.

The other thing about this person, this person also would eventually have back pain if they don't already have that. Well, another thing that's very, very interesting, this person who asthmatic example, they told me that when they would get an asthma attack, what they would do is put the finger about this up on the thing and that asthmatic attack go away.

Why is that? The reason is because when they put the thing in their mouth, the teeth will separate a little bit. So the teeth were not an occlusion. That was the reason.

Okay, just to give you some example there. Now this right here is an example of across bite across by meaning that, this these teeth I don't know, can you see my error as well using.

Yeah. Yeah. These teeth here on the wrong side of the bottom teeth. There they are now. So here's another example. If you look at this one, the back teeth here on the wrong side of the top team okay. That's across back across.

But I can create some situation. Now if I was in looking at this person this person may have a tendency to have problem with this is the this is the left side of the face.

They may have a tendency to have problem in the right shoulder and the right, chest wall. Okay. They will also have a tendency to have problem in the left leg.

By the way, the way the body works, the way the body works, things that occur in the upper body on the right side is affected by the lower body on the left side.

Okay. It's a little bit confused if you were to take the ax and put it across your body face on an upper body on the right side would be correspond to things in the lower body on the left side, and vice versa.

Okay. This is really the kind of having that people can have with dental issues. You can see this film here. This is an X-ray of this guy here. You can see that, where the teeth look real bad.

You can see that you don't have to be a dentist. See that? But here, this is what I want to show here. When you look at this, this is a severe imbalance.

This severe imbalance creates a problem here. And because these teeth have drifted, these teeth are in traumatic occlusion here. This person has knee issues here.

And this would be the, this would be the right knee. Badly helps fix the right knee. And also they have some issues in left knee, but it's primarily because they're bi.

But the other thing is they have what we call bi class, meaning that the teeth are not as tall as they're supposed to be. They would also have more back pain.

Now, this tooth here, if you can use your imagination. If this tooth is supposed to be on top of this one and it's leaning that far, you can tell that that their bite is really off, isn't it?

That bite is actually over close with the jaws close up a lot, right? Okay. This is an example of this, this young lady. And years ago, when I took this picture, by the way, this person had knee pain, right? Where she's showing you here.

This knee pain was directly caused by this tooth here. And by the way, if I'm evaluating someone, generally speaking, and, looking at their occlusion, I can usually tell whether the pain, if they have pain, in their knees using the steps, I can usually tell whether or not pain is most of you are going.

Upsets are down steps, by the way. Okay. So one of the ways in which medical you can evaluate is something, if you have some problem with, say something in the upper right chest wall.

One of the things that will help you determine whether or not it could a dental situation be involved at all? You can ask them, do you have any problem with the left leg?

Just ask them about the other side. So as a chiropractor here, for example, if you're, evaluating the neck, for example, you may ask them if they have any problem with their feet.

Why is that important? Because the anterior teeth, the upper one, the top teeth control the neck muscles. But guess what?

Book, Holistic Concepts, and Mind-Body Links

The lower teeth control muscles all the way down your calf that goes under your foot. Okay, so they problematize in the loyalty. They can have those two symptoms.

Just to kind of give you an example, I need to go to a few more holistic signs as they relate to dentistry sensitive teeth. Many people have sensitive teeth.

And I know that most people think that when they have sensitive, they don't use some kind of toothpaste to decrease their sensitivity, which is true. That does help, but it doesn't eliminate the problem.

You just the teeth there because either they get cavities. If you care if there are no cavities or there's no gum disease, there, then they really mean that the tooth is traumatized.

What does that mean? Traumatized me? That the teeth are touching in such a way that the forces that are generated are not favorable to depend on ligament, or to the nerves and teeth or the teeth become very sensitive.

I can have someone necessity or a sense of tooth example that doesn't have a decay. You take an X-ray and everything. No to decay problem and you find out that it's traumatized.

When you correct the trauma, the sensitivity goes away. How long would you think that take to go away? Well, usually a few seconds. Okay. It goes away in a few seconds.

It doesn't take a day or something like that, but it actually decreases tora formation. Those are bony knots that occur in the bottom of the jaw. Can be indicated that, that person is a clinical example.

If a person clenches, they may develop a tear on the roof of the mouth right along the midline, and also in the mandible on the side of the back has with teeth.

Why is that? Because the nature is trying to prevent you from breaking your own jaw. So it will grow extra bone in the roof, your mouth to keep you alive from parting, as well as, grow extra bone on the, in the lower jaw to keep you from actually separating the senses of the mammal from the body.

The mandible. Okay, give an example. I remember Andalso. I remember they they explain that by saying, well, it's nonspecific bone growth. Now, when I look at that, for me it's very specific bone growth okay.

Nonspecific grown bone growth to me that there are some cells leftover that were trapped when the when the Joyce were forming. And that's why they grow.

But that's not the reason. The reason they grow is because of actually stress to the bone where the body is trying to protect itself, and knowing that the animal industry, animal kingdom, horses, for example, if they have a crooked path, for example, when they run over time they will start to develop acids, which are actually extra information because that bone is not in the same position.

So nature tries to protect it by growing extra bone. Okay. Things like, other things, you'll see, the person has a poor body. We talked about that a little while ago.

A dentist patient with no pain where there's no teeth present, you can have pain in your face, in your gown, and you don't have a tooth there, but yet you get toothaches.

Okay, that in itself can also be signals from the teeth of joints itself. Can act because they're, facing a relative, for example, can be a problem. Bruxism, clenching and grinding.

That's where people grind their teeth or they just clench. More people are clenching than there are grinders. Grinders are people that really make noise in their sleep.

Clinics are people that just hold their teeth together. And one of the signs, a symptom they will have is if you hold your teeth together, any sleep would happen during the night.

Your nose will stop up and you can't breathe. So then you end up breathing through your mouth and you end up

with dry mouth. And when you get dry mouth, it accelerates gum disease as well as cavities, for example.

Okay, just give you a few other things that you can look for. Let me ask, we talked a little bit about and this is where your machine come in the, what's the magnetic field?

Yes. The, EMF there. That's where. Because what happens when muscles contracted for a long time, you get lactic acid accumulation and how fast it is where you get, all these inflammation in the muscle.

And that's where the machine come in to really, really help makes a difference. I have not used that machine for personally. I'm just really lying about it.

But myofascial pain dysfunction is caused by inflammation of the muscle machine due to retention of lactic acid. So when you use a machine that actually breaks that up and improves circulation and so forth, and that's why you notice a different pattern that's marked up.

And the problem becomes though when that reoccurs when that if it keeps reoccurring, then you want to look for dental issues. Okay. Right. So we're good.

And what I'll do is this is just a map of some trigger areas I won't get into too much. This this is where I just kind of method this person I'm going to show you next here these areas are those a trigger zone and these triggers on different pain to different areas of here okay.

Front of headaches again comes from the neck. And this is an example of trigger point injection trigger point here actually relieve pain is actually on the front of the head, by the way.

This one. Okay. This right here, this trigger point injection I was showing you here. See, this right here was actually referring pain to right here. That referred pain was to that spark.

And once they did the injection. Yes. We're having your pain stopped. Okay. Because it wasn't where she's that's where she feels the pain. But the pain was actually talk a little bit about this.

This is a very common symptom. It's where you get an itch in the corner of your eye. It's in the cornea. And keep you occurring. And physicians may refer to that as an allergy.

Said, well, you got allergies, asthma. When I say that you got allergy, but in actuality, that can be spasm from the trigger muscle. The trigger and much of the lateral pterygoid muscle can actually refer pain to the corner.

And an itch, by the way, is a precursor to pain. It is really pain also, but it's a low grade pain. So we interpret that as an itch. Okay I talked a little bit about asthma.

I'm going to get into all of that. Ma'am. This is an example of this was the asthmatic patient, by the way, this example of where there's a very bad bite.

You don't have to be a dentist. So that doesn't look quite right. Right. Well, what happened with this person? This person was a chronic headache sufferer.

What they call migraines. But in actuality, they had a dental issue, and they also had asthma as a kid. And, long story short, this was corrected with, with braces, by the way.

And here's another example of a mal occlusion. Mal functional occlusion, which everything is not balanced in such a way that, the muscles of, of the body, especially in the neck, these two teeth here affects the neck muscles right here.

And, many, many others, achieve results. This right here is what this person was able to relieve. I'm going to go back a little bit, and I think I'll stop with this one.

I'm going to show you this again. See this cage? Look at how how far these lower teeth come over the bottom nose. You can't see the bottom teeth when that person close up.

What I did here, I made up what I call some orthotics. Orthotic.

Examples, Treatment Devices, and Contact Information

It's like a plastic mouthpiece that I actually covered the teeth when I covered the teeth. Instead of her mouth being close like. Like, like this where she's so far down.

Now, when she closes like this. Can you see the difference? Notice here, with the mouth closed, you can still see the bottom teeth. Yeah. With the mouth closed, you can see the bottom teeth.

I'm gonna go back again. Okay. And I could probably. I'll show you this again. This is what the natural looked at. Yeah. Migraines suffer with asthma.

Okay. Right. Right here. This is how that look, if you look at it from underneath the teeth. I'm not touching now, but you can see how the teeth are not quite aligned.

This is an example where I put this plastic mouthpiece in over teeth. Actually submitted it and I had them wear this. Why did I have to wear this. So I was able to control the septum with their points okay okay.

Let me just and here's an example again of this I called a mandibular repositioning. This is her natural bite. This is a bite with the with the pointy.

But if you look at the front teeth lower front teeth, you can tell that is a quite a different with the teeth touching. There is a big difference here.

And that made a big difference in her symptoms because it's a mechanical issue. Everything in the body is going to be the structural, biological, psychological.

So this is a structural problem that was creating a medical condition such as asthma and sight and headaches and so forth. Okay. So it really wasn't a medical problem and really a dental issue.

Right. But physicians have to be able to look at that and basically know what to do. So even though you can even though you can treat this, of course they use medication.

It only placate the symptom. So we never get the message. I always say the headaches give you a lot of information. What it does, it lets you know that there is something wrong.

But if we don't know how to interpret a headache and look where it's coming from, then we don't get the message. We just kill the messenger, right? Right. Absolutely.

Okay. This is an example of fetal sleep. And I talked a little bit about this. This is fetal sleep where you ball up in a night like this okay. And, maybe we'll get a chance to do some of this again.

I know we're about out of time already, but, this is a situation where you got eruption disturbed, where the teeth don't come through as well. And this was the asthmatic person, by the way, this right here was my daughter.

I had to do that so I could take a picture because I want to talk about it. Okay. Okay, so anyway, guys, it's not voodoo. Voodoo. It's really about how the body works.

So that's what whole dentist, whole body dentistry is about, how their body works and also the tooth body connection. That's what it's about. So it's not voodoo.

It's really real okay, so one last time I did a small unique question before we I know thank you so much. Thank you so much, doctor Willie. I know I'm coming to see you.

I'm sending my husband to come see you because I am one of those that you have been using Sensodyne since I was in my 20s. And I have no cavities. Mine, I think is from over brushing, is what they said, but I think it's something that you need to, take a look at and address.

And, I know you have you have patients to do. You got to go. But if people want to reach you, how can they reach you? Give us your your your website, your address and so on and so forth.

So I'm actually in Baltimore. Baltimore, Maryland. I'm gonna give out my phone number 410 5426 904 ten 54269 100. There's a website up is not complete now because it was taken down is holistic dental concepts.com holistic dental concepts.com spelled with a w as you see on the top of the screen there.

Okay. Very good. So look forward to coming and seeing you and thank you. I know your patients or your patients. A way to start. Yes, yes. Okay. Thank you so much for.