

HOLISTIC DENTISTRY
AND
OSTEOPATHY

National Academy of Osteopathy
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Introduction

I became interested in holistic dentistry because I had a very debilitating autoimmune disease in which my own system attacked my body to the point of sensing death, and during those five years I questioned every medical modality available. My clinical condition pertained to a very sensitive skin condition that no prescribed medication would have helped; also, I developed allergies to foods, perfumes, and pharmaceutical. The serum laboratory values indicated depletion and other tests done showed normal values. I discovered from extensive research that dental surgeries can destroy our health systemically, cognitively, and spiritually. In studies the pathology shown on autopsies are organisms developed on dental cavities post-extractions. Doctor Hal Huggins, DDS traveled around the world teaching about cavitations, oral surgeries, toxicities, autoimmune depletion. Also, he funded Huggins Institute. I learned a great deal about this subject; I am writing about the research done in holistic dentistry versus the accepted opinions of the American Association of Endodontists and the Academy of Medicine, to my purpose I will narrow my discussion to its connection to Osteopathy.

I found a holistic dentist to remove all the amalgams from my mouth, then I found a trained dental surgeon through Huggins Institute to remove root canals, biopsy of all surgical sites, removal of the dead or diseased tissue in the bone around the tooth socket. This treatment was very extensive which included other modalities: massage therapy, cranio osteopathy, hyperbaric oxygen treatment, nutrition therapy, light therapy, intravenous vitamin C, biofeedback. The combination of treatments and having the feeling of hope to live longer gave me energy again, such a great feeling to know there is tomorrow. I was glad the changes noted on my skin, although the rash was less and gaining a natural pink color; my complexion was pale and grey prior to treatments. Meanwhile the report from Dental DNA submitted for testing from the surgery came in, it showed results from the buccal biopsy reporting 17 pathogens strains on a scale of serious risks. There was another test called Serum Compatibility Testing Report consisted of 10210 products used on dentistry tested on blood samples I sent to assist my dentist to use more favorable products on me to avoid allergic reactions. If I am not careful when advising a dentist about this study, I get sick. One time, I was careless and shingles were the result from my mistake.

Information is available but there is little understanding to dental condition and its clues to the source for many deadly diseases. According to certain toxicologists, toxic responses can take place just as fast as electrical responses within the body which explains why it is not unusual to see a body part that has been responding to the presence of these toxins demonstrate a positive improvement within seconds of the cleaning of a cavitation. Since cavitations is a chemical toxin and not a bacterial infection that generates pus, antibiotics are of little value in the treatment, intravenous vitamin C is used. A cavitation is a hole in the head between the upper and lower jaw bone. This hole is roughly the size and shape of the root that once occupied that space in bone, an area of incomplete healing.

Historys

Links between oral infections and diseases were identified in the early 1900's. At that time, a host of medical researchers, including Charles Mayo (founder of the Mayo Clinic), Frank Billings, Weston Price, Ed Rosenow, and several others were independently seeing a link between systemic disease and various strains of bacteria. These pathogens seemed to originate from oral sources and around infected teeth, each pathogen seemed to have an affinity to a particular organ or structure in the body. It was noted that anaerobic environment inside root canal-treated teeth was particularly instrumental in the development and spread of these virulent strains of particular bacteria affecting specific tissues.

Weston A. Price, DDS (www.westonaprice.org) He researched dental decay, physical degeneration and nutrition. Also, conducted extensive research into the destructive effects of root canals, he describes that the first step to recover from degenerative disease by removal of all root canals in the patient's mouth.

Hal Huggins, DDS, MS (www.hugginsappliedhealing.com) followed Dr Price research creating Holistic dentistry, he believed that various materials used on dental routine were quite harmful for the body and caused more harm than benefit. Today, research has shown that dental fillings, root canal treatment materials, fluoride, wisdom tooth extraction, and other toxic environmental agents in the development of various chronic health related problems like kidney, liver, interstinal and nervous system problems.

Holistic Dentistry

Bacteria normally found in the mouth are virtually harmless to the body until their oxygen supply is taken away, the lack of oxygen changes the metabolism of the bacteria and toxic bacterial metabolic by-products are produced then the toxins are introduced into the blood stream. Everything in the body is linked, rather than address isolated aspects of the body, it is ultimately far more effective to address the body as a complete entity. Only that people responds differently to the same immunologic stress and this is a primary reason why so many extractions and root canal treated teeth are not suspected of being the disease-causing culprit. There is no symbiosis or benefit that will ever result from the presence of bacteria in an environment that is designed to remain absolutely sterile.

Root canal-treated teeth leak bacteria and toxins through both the apical forament at the tip of the root and the dentinal tubules down throught the body mainly were bacteria can grow on a favorable environment rich of nutrients as a connection to brain abscess, strep throat, cardiac symptoms, breast cancer, autoimmune response. Due to the lack of blood supply inside a tooth as in a root canal or wisdom tooth extraction or any other type of cavitations done by tooth extraction, the body cannot mount an inflammaroty response. The lack of an inflammatory response actually allows the bacteria to thrive without the threat of an immune response. Our body harbors millions of pathogenic related bacteria that do not causes any acute illness because the body manages the concentration through inflammatory responses. Bacteria synthesize and secretes poisons, called exotoxins in response to oxygen deprivation as well as other environmental changes, the most popular created by *Clostridium botulinum*.

Every organ and every part of our bodies are directly linked to a specific tooth or area of the mouth via these meridian or energy pathways. There is something called: Dental Meridian Chart (copy attached), this chart was developed to allow health practitioners and patients to learn about the relationship between the teeth and the body as an aide for overall health and wellness issues. If a tooth is compromised by infection or contains a high galvanic current, an imbalanced condition will developed and the natural flow energy is blocked. When blockage occurs, the organ system connected to the tooth's meridian pathway can be affected in a negative way and eventually diminish overall health and wellness. Multiple scientific articles have clearly established that periodontal disease is associated with increased risk of heart attack and chronically inflamed and infected gums which produce toxins that end up circulating throughout the body. Periodontal disease also provide a fairly continuous seeding of bacteria and other toxin-producing microbes throughout the body as well. *Acute inflammation* is very important in the initiation of healing; however, *chronic inflammation* is the worst enemy of good healing.

Tooth / Organ Relationship Chart

Glands	RIGHT BREAST					LEFT BREAST					Anterior pituitary					
	Anterior pituitary	Parathyroid	Thyroid	Thymus	Posterior pituitary	Intermediate lobe of pituitary	Pineal	Pineal	Intermediate lobe of pituitary	Posterior pituitary		Thyroid	Parathyroid			
Organs	Heart Small Intestine Endocrine gland, Pericardial	Breast Thyroid Stomach Pancreas	Liver Gall Bladder Eye	Kidneys Bladder, Uterus, Rectum, Anus	Liver Gall Bladder Eye	Lungs Large Intestine	Kidneys Bladder, Uterus, Rectum, Anus	Kidneys Bladder, Uterus, Rectum, Anus	Liver Gall Bladder Eye	Lungs Large Intestine	Breast Thyroid Stomach Spleen	Esophagus Thyroid Stomach Spleen	Heart Small Intestine Endocrine gland, Pericardial			
Teeth	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Upper Jaw	3 rd Molar (wisdom)	2 nd Molar	1 st Molar	2 nd Bicuspoid (pre-molar)	1 st Bicuspoid (pre-molar)	Canine (ouaspid)	lateral incisor	Central incisor	Central incisor	lateral incisor	Canine (ouaspid)	1 st Bicuspoid (pre-molar)	2 nd Bicuspoid (pre-molar)	1 st Molar	2 nd Molar	3 rd Molar (wisdom)
Lower Jaw	3 rd Molar (wisdom)	2 nd Molar	1 st Molar	2 nd Bicuspoid (pre-molar)	1 st Bicuspoid (pre-molar)	Canine (ouaspid)	lateral incisor	Central incisor	Central incisor	lateral incisor	Canine (ouaspid)	1 st Bicuspoid (pre-molar)	2 nd Bicuspoid (pre-molar)	1 st Molar	2 nd Molar	3 rd Molar (wisdom)
Teeth	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17
Organs	Heart Small Intestine Endocrine gland, Pericardial	Lungs Large Intestine	Lungs Large Intestine	Stomach Pancreas	Liver Eye	Liver Eye	Kidneys Bladder, Uterus, Rectum, Anus	Kidneys Bladder, Uterus, Rectum, Anus	Liver Eye	Liver Eye	Stomach Spleen	Stomach Spleen	Lungs Large Intestine	Lungs Large Intestine	Heart Small Intestine Endocrine gland, Pericardial	Heart Small Intestine Endocrine gland, Pericardial
Glands				Ovaries	Testicles	Testicles	Adrenals	Adrenals	Ovaries	Testicles	Testicles					
Element	Fire	Earth	Earth	Metal	Wood	Wood	Water	Water	Wood	Wood	Left Breast	Metal	Earth	Earth	Earth	Fire

Right Side

Left Side

Osteopathy

As a manual osteopath practitioner, I question our ability to assist in the healing process by connecting dental care and tissue mobilization since every message in our system originates from the core nervous system. I understand Dr Still when explaining about adjusting C0 – C7 and the effect on the body. Should we also link the ability to systemic flush out toxins with profilactic dental care? As I am reading Dr Still book and his progressive view of the body healing mechanisms and the principle of debtor and creditor, he quotes: “we must be willingly credit Nature with having done its work to perfection in all the machinery and functions of animal life, the after-results are good or bad according to centers and variations.” Dr Still requests to avoid the use of knife as much as possible; but he wanted his students to understand the forms and functions of the parts of the human body and to apply our skills to avoid the use of the knife.

The fascia of the body is tough connective tissue which holds us together, keeping every organ in place by enveloping each and every structure. It is important to realize the tiniest nerve has its own fascial sheath as does the largest bone. All body parts are interconnected by the fascia which means that abnormal tension patterns in the fascia may be transmitted from one body part to another in what appear to be the most bizarre ways unless we start appreciating the “oneness” of the fascial system. Through palpation we can explore the structures beneath the skin its movement and the relationship to each other. Inflammation because of infections, direct trauma, diet, environmental toxins and emotional stress causes the loss of motion of the tissues.

Dr Upledger discloses in his book that some dentists are using craniosacral therapy, biofeedback and psychotherapy. Dr Upledger believed that TMJ syndrome is usually a result of craniosacral system dysfunction, craniosacral decompression. Therefore, recommendations can be given to improve their nutrition and/or to be able to care of their daily tension and emotional stress; thus, as therapists we become part on a plan to wellness by assisting on treating cause instead to the effect to their physical discomfort. For this reason when providing information in our practice tools for recovery, it is important to include in our education the understanding that teeth are cranial bones and have the same reaction when applying osteopathic techniques. In fact, the interior of the tooth, called the pulp canal is filled with a highly vascularized and innervated loose connective tissue, showing the importance of every teeth in its space and the respective response to our care. For instance when we apply cranio-osteopathy we open spaces that were before constricted and fascilitate circulation and lymphatic drainage in addition to hormones balance we bring the body on resting point and ready to recover.

As manual osteopath and learning the principals on each modality with the understanding that our body is connected throught every layer from head to toe, I can appreciate the many advantages from visceral manipulation increasing organ's mobility and improve function. Although, every organ has its own specific technique, the manual therapist can break the vicious “emotion-organ-behavior” circle that maintains emotional, psychological, physical imbalanced. When an organ has been surgically removed, the body will have various issues to deal like scarring from the surgery itself and the adaptations the body has to make to cope without that organ. The body may pass functions over to other organs that the removed organ used to perform, there is an empty space left by the organ's removal. Visceral manipulation assist the body to balance and resolve the possible digestive dysfunction from possible enzyme deficiency due to pathogenic surpluss. It is important to disclose the many issues I had on digestion and assimilating nutrients, my health was brittle and having this treatment among others helped me to overcome death.

When health care providers finally have an understanding on the systemic connection to dental care and wellness then our treatments will have a purpose balancing mind and body. To emphasize, by teaching clients about their chronic illness in connection with their dental care in addition to complementary treatments to aimed the organ that needs assistance we may become an important tool to ease their recovery. My own experience, it was not easy to find sources or the understanding from many health care providers, I had to trust my research to overcome wellness and be able to have a “normal” life. To better explain, feeling isolated and sick on an uncommon illness was not easy. Again, many others in my situation have a capacity to tolerate the more standard treatments and keep with their lives, on the other hand I was not the lucky one responding well to protocols or treatments provided by my primary doctor. I had to look further and longer by inquiring on every unknown and known modality. For this reason, I want every health care provider on alternative care to understand the importance to combine a wholistic care from head -including mouth- to toe.

I would like to close with this statement from 1913, Dr Mayo issued this challenged to dentists although I have felt to be an invitation to Osteopathy:

“It falls upon the dentist and oral surgeon to study the diseased conditions of the mouth. The work is discouraging, but it must be kept up, as eventually it will have its effect. The next great leap in medical progress in the line of preventive medicine shoul be made by the dentist. The question is will they do it”

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