I WANT TO BE HEALTHY AND LOVE LIFE

Dental health leads to overall wellbeing. If parents realised the significance of dental health and the overall mental and physical condition of the individual, they would not neglect this very important aspect of a child's health. Let me give you an example:

Behavioural

A young boy had a dental appointment with me and whilst calling him into the surgery, I notice his sister in the waiting room. It was obvious to me she was unhappy and in pain. On questioning her mother I learned the girl, aged eight, had enormous behavioural problems and was considered a "difficult" child. She suffered from migraines and had been attending an osteopath and therapist for lessons, as well as receiving counselling and special care. I requested the young girl be brought into the surgery for examination.

I measured her mouth fully open and found it very restricted and on exploring the mandibular joints near the ear I noticed there was clicking and grinding. This was due to the lower jaw not moving easily with the upper jaw. She complained her head hurt. I adjusted her teeth (occlusion) which allowed unrestricted movement of the lower jaw enabling her to open wider and reducing the grinding in the joint.

Her reaction to the treatment was immediate. Her face lit up, she declared the headache was lessening and her overall demeanour improved. Obviously, the distortion of the muscles was creating a situation of mental and physical dyslexia. The stress was enormous but as an eight your old she was unable to communicate in adult terms and the frustration caused her to lash out, hence her "bad" behaviour.

Following this, the spine was manipulated easily by the osteopath, which he had been unable to do before. Her arm movements, which I was informed had been uneven in swimming, became fully rounded. Her food intolerance's and allergies disappeared and she was a normal little person again.

Dyslexia and Energy

Problems with dyslexia-mental processing of information is dependant on a feeling of wellbeing. Let us consider this as energy work. Medicine has to deal with energy and good health before creativity arises in a person. Often a child under pressure will respond differently once sleep and/or nutrition is improved.

Stress and Sugar

Frequently, sugar is the main culprit of hyperactivity and yet most “rewards” are sugar based, sending the brain into a state of instability and rapid reactional thought. In this condition, the mind has difficulty receiving messages and accepting instructions. The child is not in phase with (that is, sympathetic towards) the parents and concept of calm.

Sugar tends to feed fungus like candida in the body, particularly the gut and gives a bloated feeling. Also, it sends the insulin level fluctuating, causing so much body stress on the adrenals.

Tongue, Digestion, Jaw and Spine

Thus, what one sees in the mouth-like caries (tooth decay) and white-coated tongue reflect a systematic disease affecting the rest of the body. If the mind is racing, as in a fear situation, often this fear is transferred from the mind to the muscles of the body resulting in such thing as poor digestion and contraction of the jaws. Malocclusion occurs; consequently sleep in poor. Also, overall physical energy is low. The mental exaggeration and defensive qualities, which are present, can manifest themselves as aggression. Sometimes the child is unaware he/she is troublesome but because of the stress, is feeling negative or hateful and responds accordingly. Adults respond that way too, but are more adept at hiding dissatisfaction. When the jaws are out of alignment, the spine is then out of alignment. Very often problems like Kyphosis (hunched back look), Scoliosis (lateral curvature of the spine) etc, set in place and become more and more difficult to treat. Headaches, earaches, eyesight problems, neck pain and back pain are all indicators. A jaw, corrected at an early age by occlusal balancing, pain removal from caries and orthodontic correction of malocclusion will restore peace and harmony to the muscles and allow sleep and repair to take place. The correction also allows the spine to develop properly.

One needs to establish the rule:
“I want to be healthy and I love life”, in order to achieve the essential balance not only within oneself but also with others. People, who have low energy, complain and lack motivation, require help. Education has to be there to change this. Sharing my knowledge is my motivation to write, for I have seen much that needs to be achieved.

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17/04/00