Wholistic Dentistry

Dr Joseph Da Cruz M.D.S (Bom) COPQ (Australia)
Queanbeyan 02 6297 8838

MIGRAINES & HEADACHES

A migraine is a more severe headache and very debilitating. Headaches lead from tension in the head. Migraines are like a Nervous System collapse, accompanied by nausea, vomiting, fatigue and sensitive to light.

A lot of people with migraines get warning signs like (auras) blurring or bright spots with their vision, anxiety, fatigue, disturbed thinking, numbness and tingling on one side of the body.

It is believed that a migraine occurs when the blood vessels in the brain constrict and narrow, which is followed by excessive widening of these vessels. I believe that this is not strictly true and that headaches and migraines are caused by restrictions or improper flow of blood through the muscles of mastication and muscles around the head. There is a lot said in the literature about migraines, but not much about dental causes and pathological reflexes.

Being a dentist I will give a few dental causes of this condition.

Dental Causes

The jaws have a lot to do with muscles of mastication and the arrangement of teeth can be described as variations in 3 dimensions, horizontal, vertical, anterior and posterior dimensions. Very often people described having TMD or Tempromandibular dysfunction with pain in and around jaw joints, will also have restricted jaw opening, contracted dental arches, reduced vertical dimension and malocclusion. There are various explanations for these conditions that are based on my thinking, information that I have gathered and also from my 41 years or more experience in treating these conditions. One needs to look at the total picture of a migraine sufferer.

Dental causes may be described as primary, secondary and tertiary.

a. Primary - Is very simple and simple occlusal balancing might be all that is required to relieve it.

b. Secondary- There are structural conditions as well as physiological changes and a stronger approach is necessary

c. Tertiary - This includes everything from structural, physiological, neurological, ageing factors and the problem is bigger

Have I treated Migraines and Headaches?

In the beginning I was doing a lot of work in occlusal therapy and to my surprise headaches were disappearing along with neck and back pain. The more difficult cases required removal of amalgam, root filled teeth, correcting acidosis and even orthodontic treatment with removable appliances, which are surprisingly effective and even better than medication. A lot of medications provide relief from the pain but they disrupt the physiology and acerbate the acidosis and deplete cations necessary for correcting acidosis. A lot of people are over-stimulated, this leads to breakdown and collapse. It has been a learning experience over the years. I have found cases of cluster headaches/migraines etc, which have all responded beneficially sometimes totally. Understanding each case and looking at each case is paramount.

Should I consult my doctor about my migraines?

Yes one should always consult their doctor about migraines to check for things like blood pressure, hypoglycaemia, possible tumours or pathology in the body etc. Sometimes broken or fractured vertebras can cause migraines and having osteoporosis at any age might be possible for microcrystalline fractures of the vertebrae, collapsed spine, weak muscles, especially Para spinal muscles with accompanying pinching of the nerves due to collapse vertebras. Any pathology may give rise to ascending or descending pain. In every case thick blood, improper hormonal and blood chemistries. This is best dealt with by seeing your doctor. Also hemangioma, carotid aneurysm, meniers disease and seizures etc have to be looked at.

Does diet play a role?

Yes diet plays a role and research has shown this. Good physiology demands a good diet. Avoid citrus, apples, bananas, peaches, tomatoes, dairy, chocolate, eggs, processed meat, wheat, nuts, peanuts, onions, corn and soy products. It is advisable to have allergy testing for all of these foods. I recommend eating safe foods then introducing the above foods one at a time. Also recommended is the use of organic foods, even if different foods are ok for migraine sufferers, they house pesticides and environmental pollutants and cause disruption. The internet is full of advice on this subject.

The difference I find is that when I treat the dental problem of restoring the jaw to its genetic heritage by increasing the vertical, horizontal, anterior and posterior dimensions improving breathing and sleep patterns, there is an automatic correction in the Vagus Nerve. This corrects parasympathetic function in the Digestive System and even allergic foods are no longer triggers. The Digestive System or stomach fire is stronger. In Indian medicine, people who are Vata (anxiety prone) skinny individuals with rapid breathing and pulse, are also more prone to headaches and migraines. On the other hand Kapha (water and earth) may have big tonsils and lymphoid tissue and can also suffer headaches. Pitta (fire)

have disturbed livers and often have liver problems which give rise to headaches e.g. eating peanuts and getting bilious. They all need a pacifying approach according to their constitution and the proper diet can assist in correcting the condition.

COPYRIGHT
This article cannot be copied in part or whole without the prior approval of the author
Dr Joseph Da Cruz