



Influence of Orofacial myofunctional therapy and holistic dentistry in family general health

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INTRODUCTION

Holistic dentistry is a part of systemic medicine. From the perspective of "**Systemic Medicine**" disease or symptoms are not seen as a disorder, but rather as the expression of imbalance or disturbance in relationships or interpersonal cooperation.

People and their problems are being regarded in expanded cohesions in their families and through generations.

Systemic Medicine withdraws from the longing to identify causalities but is directed towards the patient's potential to generate the conditions to heal oneself.

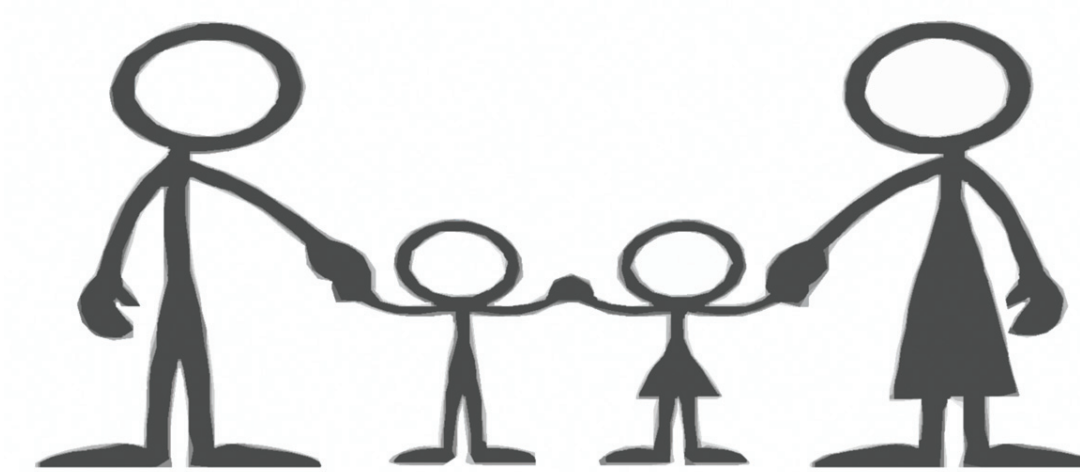
DISCUSSION

The mouth as a microsystem, resembles cartographies of the organism, as represented at the cerebral hemispheres and has interrelations with particular organs or functions. **Holistic dentistry** and **Myofunctional therapy**, parts of systemic medicine, is an approach for revealing the hidden dynamics in the body and in the family so that they can be worked with and healed. Dental disorder is the extent of internal disorder.

The family in which we have been raised directs and moves us in our life and every movement of personal change, affects and moves our whole family.

The whole spectrum of birth, from conception to adulthood, touches the deepest level of human soul, biologically, emotionally, spiritually and culturally.

Pregnancy, childbirth and parenthood can be times of enormous change for everyone in a family and influences the development of mouth and teeth.



Clinic case study no 1

Athena, 10 years old, came to our dental office for Myofunctional Therapy. Her motive was to improve her appearance.

She has mixed dentition and cross bite on the right side. The upper right central incisor hasn't raised completely and its axis was rotated and has spacing.

Normal profile (class 1), tongue level 2, nostrils configuration level 0, mixed breathing, sleep posture right.

She has the habit of nail biting and sucking the right cheek. She was born naturally, and was breast-fed for 12 months. She used soother for two years.

In addition Athena has postural problems, her right knee turns outward. Her medical check up was normal, she is not vaccinated, and has had homeopathy treatment since birth. She has done a preventive dental treatment, without fluoride, for decay, she is on a specific nutritional program, takes vitamins, enzymes and fermented cod liver.

Athena's parents divorced when she was four years old. The divorce affected the family balance.

Athena presented signs of separation anxiety, stress, and nail biting. She developed extreme maternal attachment. Her mother is a controlling personality and the result was for Athena to be away from her own personal needs. Decoding the language of teeth (Estelle Vereeck), the upper central incisor reflects the personality of the individual (how it is influenced from parents and environment) mirroring her deepest reality, giving a shining light to her smile and is aligned with the prototype of her mother.

Dental malocclusion generally reflects the lack of alignment with herself. The mother is extremely anxious about her daughter's health and development. The primary reason she discourages Athena's contact with her father is that he smokes in front of her.

After eight weeks of Myofunctional Therapy and consul-

tation, the mother asked for the father's participation in Athena's therapy and requested that he accompany her to the sessions. The father showed great interest and agreed to the therapeutic plan and encouraged his daughter to do her daily exercises and to stay on track. Understanding that her parents are in agreement with the therapy has given Athena a sense of security and she has become more disciplined in her exercises and the use of Myobrases. Her anxiety has decreased, she meets her father more frequently and she has stopped biting her nails. We suggested that she should consult an Osteopath and a systemic constellation therapist. Athena's Myofunctional Therapy created new dynamics in her family. After six months of treatment we observed the alignment of middle line of the teeth and a movement of central incisor.

Athena's mother had originally decided to also participate in Myofunctional Therapy, however she was not motivated enough to do so. What really helped her was the fascia release, but after a few sessions of Rejuvance her stress levels decreased and was able to follow instructions.

We advised her to also look into Family Constellation Therapy.



Clinic case study no 2

Nickolas, 7 years old came to our dental clinic for holistic dentistry. He had mixed dentition and one small cavity in mandibular left permanent first molar.

TMJ pain on the right side, Malocclusion (angle) Class II/2, open bite, that shows the child has not enough personal space. Lips have no contact in rest, tongue between teeth, lingual frenum level 3, mixed breathing, snoring, sleeping posture with face down, when face up he has apnoea, uses to suck his finger, tongue and pen, eating messy, speedy. His face in rest is with lips open and tongue in between lips, his eyes without focus, he stares, when he is in his home he never stops eating or speaking. He has swollen tonsils (level 4) and adenoid sinuses and constipation.

He was born naturally and was breast-feeding for 6 years. He was the first son in the family, his brother came after 3 years. The relationship between mother and father is complicated with lots of conflicts. The mother sleeps with the second son and Nickolas is jealous. The father lost his job and the money in the family comes from the grandparents on the mother's side. Nickolas is very attached to his mother. The mother started holistic dentistry treatment with acupuncture and homeopathy; she also did the dental clean up from heavy metals. She followed a detoxification program. After this procedure she started feeling better and decided to start myofunctional therapy for her child. Decoding the teeth language (Estelle Vereeck), the first right molar represents mothers' side whose role is to ensure the physical and emotional safety of the child. In this case the mother who is a borderline personality represents an excess of authority to her child. Nickolas through decay in this tooth seeks to destroy the maternal model to overcome the situation. The process is not conscious. Nickolas who suffers from pain in TMJ does not chew properly. Recent studies show that the pressures produced by mastication stimulates blood supply to the brain and it's very important to chew

both sides to stimulate circulation in both hemispheres. The child begins to chew when he stands and begins to walk. How we chew reveals how we go through life.

Moving from breast-feeding to chewing is as essential to a child's autonomy as walking. A person that is not chewing is blocked at the stage of the structure of newborn. He doesn't dare to protect himself and he believes that he should always say yes to others demands, doesn't dare to receive rewards.

In the case of Nickolas the father was not there to help him enough with the next step (from breast feeding and soft food, to chewing) and face the real world.

Chewing is indicative of emotional independence!

The child that doesn't chew properly has also diminished learning abilities. Nickolas, after 6 months of using myobrases appliances during sleep, and in the middle of the day while watching TV, and also practicing myofunctional exercises, learned to breathe through his nose, has stopped snoring, his adenoids started getting smaller, he started chewing his food on both sides, he became more active at school and developed self-esteem and his eyes are looking more focused and clear.

Parents still have a difficult relationship but are more conscious about their influence on their children.



CONCLUSION

Holism (from Greek ὅλος holos "all, whole, entire") is the idea that systems (physical, biological, chemical, social, economic, mental, linguistic, etc.) and their properties should be viewed as wholes, not as collections of parts. This often includes the view that systems function as wholes and that their functioning cannot be fully understood solely in terms of their component parts. Holism is a form of antireductionism, which is the complement of reductionism. Reductionism analyzes a complex system by subdividing or reduction to more fundamental parts. For example, the processes of biol-

ogy are reducible to chemistry, and the laws of chemistry are explained by physics. Social scientist and physician Nicholas A. Christakis explains that "for the last few centuries, the Cartesian project in science has been to break matter down into ever smaller bits, in the pursuit of understanding. And this works, to some extent... but putting things back together in order to understand them is harder, and typically comes later in the development of a scientist or in the development of science." <https://en.wikipedia.org/wiki/Holism>

Thus **Myofunctional Therapy** is an important component and connection, of understanding how functions of the body (breath, sleep, swallow, mastication, move) affect the health of a person and vice-versa.

Connecting and participating in a **Unifying Healing Consciousness**

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ANASTASIA VASILEIOU DDS Biography

1995-2001 Attending the six-year medical school "Carol Davila" (UMFCD) Bucharest and graduated with the specialty of the doctor-stomatology.
2001-2003 Working as an orthodontic assistant and then as an assistant stomatology - periodontology in dental surgeries in Athens.
2003-2005 Maternality
2005-2006 Aromatherapy Seminars and study energy healing technique Reiki.
2007-2008 Graduation from internationally recognized schools of alternative therapies NHS & EIDM with expertise on the technical Rejuvance.
2007-2009 Postgraduate studies in Greek Homeopathic Society concerning the integrated health therapeutic system of homeopathy.
2009 Retraining the German "Institute Peter Hess" on glongotherapy and "Childhood disorders perceptual capacity."
2009-20011 Cycle of seminars on modern therapeutic technique Bow-tech, representatives of "Academy of Australia Bowen". Courses on the ancient health system of Ayurveda and nutrition and health relationship.
2011 Seminar 13th Panhellenic Congress of the Orthodontic Society of Greece and Northern Greece by Dr Bruno Wilhelmy on "Clear Aligner".
2013 Seminar in Los Angeles, USA, Myofunctional Therapy AOMT
2014 Attend in symposium Myofunctional therapy in Rome Practicing since 2010

MARIA KOLYVAKI DDS Biography

1) DENTAL SCHOOL OF ATHENS greece
2) Post graduate studies in contemporary dentistry
3) Scientific Employee in Dental School University of Athens 1984-1989
4) Medical acupuncture (post graduate seminars in china)
5) Herbalist
6) REIKI
7) Field's Control therapy FCT
8) Body Talk
9) Global perceptiveness method
10) Dr Klinghard's Applied kinesiology
11) Systemic regulation medicine, EAV (education from German Association EAV) IAOMT MEMBER 2004-2015
Practice of dental work thirty four years
2014 attend in symposium Myofunctional therapy in Rome

Your child will follow your example more than your advice