



Holistic Health Source

Titans of Tomorrow

A German engineer received an emergency call from a nuclear power plant: the computer had disabled the production and nobody was able to get it started again. After three days of painstaking inspection the engineer found the culprit: a left-behind cleaning cloth was blocking a light beam.

No matter whether we look at a world class golfer, a major corporation CEO, a little-league baseball player, or an autistic child: all of them can reach their optimal level of performance if and when all their systems work together in harmony. Then they truly are 'titans' in their own realm.

While we might be looking for dramatic measures to reach our full potential, success more often comes with resolving subtle issues which we may not even be aware of. The cleaning cloth that disabled the whole power plant can present itself in the form of a skeletal strain or muscle spasms left behind from a minor accident.

A key area, most often overlooked, is the oral cavity. I have found over and over again that minute changes in the bite can throw patients completely off and - vice versa - adjusting the bite can resolve seemingly unrelated problems.

Two years ago I saw a patient without any health complaints; yet I realized that he was a mouth breather. The reason was his very narrow upper jaw that had 'jammed' his lower jaw too far back. He did not have a good nasal airway and all he could do about it was to breathe through his mouth.

We started a holistic way of orthodontic treatment without braces (see www.HolisticHealthSource.com/ALF.htm). About four months into treatment my patient was in for a surprise: he experienced a dramatic improvement in his ability to focus and remember things. While reading three pages used to exhaust him, he now could handle 20 pages and more and still enjoyed it.

As treatment progressed his whole personality changed: the widening of his palate allowed his lower jaw to come forward, his tongue had enough space and the swallowing pattern changed to normal. Being supported by the new, balanced bite, he had more energy, physical strength and endurance than he could ever have imagined.

Whoever wants to reach peak performance should be aware of the connection between the oral cavity and overall health. Fine-tuning the mouth can

make the difference between the gold and silver medal.

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