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The 21st Century Dentist
by Mark A. Breiner, DDS

“It really boils down to this: that all life is interrelated. We are caught in an inescapable garment of destiny. Whatever affects one directly, affects all indirectly.”
– Dr. Martin Luther King, Jr., 1967

While Dr. King was describing the interconnectedness that exists in the world, this comparison also describes the interrelationship that exists between the mouth and the rest of the body. It is essential that dentists, chiropractors, physicians and other health practitioners recognize this connection and become aware that a situation in the mouth may generate seemingly unrelated conditions in other parts of the body.

The human body is not just a physical being; it simultaneously operates by a series of electrical impulses that have been shown to follow certain pathways. The body consists of an energetic “web” of relationships. Understanding these relationships can aid a dentist (or any health practitioner) in choosing the correct treatment to help heal their patients.

In my book, Whole-Body Dentistry®: A Complete Guide to Understanding the Impact of Dentistry on Total Health, I explain the importance of making informed dental-care decisions. One of the many topics covered in this book is the mouth-body energetic connection. I stress, “Since every major organ, and, in fact, nearly everything in the human body is linked via meridians to a specific tooth, the implications for dentistry are tremendous.”

This “link” is rapidly apparent in the following patient stories.

Lisa came in complaining of a toothache in her upper right eyetooth. She felt this tooth was also the cause of her terrible right-sided headache. The tooth that she complained about had no fillings and no decay, and there was nothing abnormal on her X-rays. Yet Lisa insisted that her head pain was coming from this tooth, and she felt that a root canal should be performed. Every tooth is on an acupuncture meridian, and a problem with a tooth can cause a problem in an associated organ. However, this is true in reverse as well. A problem along a specific meridian can manifest itself in the related tooth (in other words, it is a two-way street). Lisa was correct that the head pain was connected to that tooth. Energetic testing

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showed that there was a problem with her gallbladder, and, in fact her eyeteeth was on the liver/gallbladder meridian. The area of her head pain was also on that meridian. Homeopathic treatment of her gallbladder resolved both her tooth pain and head pain. No root canal was needed.

Melanie, a young college student, had an accident and was hit in mouth, necessitating a root canal in her upper front tooth. Shortly thereafter, she developed a bladder infection that was resistant to all medical treatment. Sometimes a dead tooth will interfere with the associated meridian organs. Interestingly, Melanie’s front tooth was on the bladder meridian, and the root-canaled tooth proved to be the underlying cause of her problem. Extraction of the root-canaled tooth cleared up the year and a half old infection.

Because of these energetic connections, procedures and/or problems in the mouth can have a profound effect on the rest of the body. For this reason, a whole-body dental approach is very important. It is not enough to just fill or extract a tooth or to do a root canal. The dentist must be aware of the patients’ health problems and how everything fits together. For example, one of my female patients, whose mother and maternal grandmother had died of breast cancer, came in with a toothache in a tooth that lies along the breast meridian. Knowing both the family history and the associated tooth/organ meridian systems enables me to help the patient make a fully informed decision about whether to have a root canal or to extract the affected tooth.

Another important example of this interconnectedness is the fact that wisdom teeth are located on the heart meridian, and, in fact, heart problems may emanate from the wisdom tooth area. It may be that the wisdom tooth does not have enough “room” or is partially or fully impacted in the bone. Or, alternatively, there may be a cavitation in the wisdom tooth site. A cavitation is an area where there is a hidden infection in the bone in the area where a tooth has been extracted.

In Whole-Body Dentistry, I detail the complex topic of energetic relationships and the impact of “energetic stressors” (like, for example, dental materials, improper bite, sinus issues, etc.) that can affect these energy fields. A two-page Energetic Dental Chart is included in this book so that readers can locate each tooth and discover which organ or system is related to the tooth in question.

Armed with this knowledge, the 21st century dentist will play an integral role in overall health care.

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Dr. Mark A. Breiner is a licensed dentist and in his new book, Whole-Body Dentistry®: A Complete Guide to Understanding the Impact of Dentistry on Total Health, he stresses the importance of using the safest possible treatment approaches for both children and adults.

Dr. Breiner maintains a private practice in Connecticut. For more information, please see his web site at www.WholeBodyDentistry.com.