

SMILE RIGHT AND LIVE LONGER

YOU MIGHT NOT BELIEVE IT, BUT ALMOST ALL THE PAIN YOU FEEL RIGHT NOW IS CONNECTED TO YOUR TEETH!

We've all suffered from headaches, back pains, and that weird popping sound when we yawn too loudly. And more often than not, we chalk it up to a hangover, a game of basketball or just one of the many inexplicable wonders of anatomy. But when it becomes chronic, we start to wonder what the heck is going on. Chances are it's caused by a lesser-known joint.

Jawbreaker

The Temporomandibular joint (TMJ) connects the lower, movable part of our jaw to our cranium. The uncommonly discussed joint has a pretty complex role to play, due to the fact that it has a very specific distance to the cranium. Having a "bad bite" displaces the TMJ in such a way that could potentially be harmful to your overall health.

Bite me!

A bad bite is caused by many factors, like misaligned teeth, or even not having been breastfed long enough, and has a big effect on other parts of your body and your general health. A wrong bite puts tension on your TMJ, and thus your brain reacts. "It's more of how your neurology controls your imbalance,"

says Dr. Marvin Dorotheo of the Dorotheo Dental and Diagnostic Center. At this point, adds our expert, your brain tries to control the rest of your body to compensate for your bad bite. This will lead to headaches, shoulder, facial and back pain, sensitive teeth, insomnia and even severe depression. Having a bad bite (to sound smarter, say "malocclusion") could also lead to more serious problems like gout and tumors.

Neurology 101

"In any imbalance neurology will always win, because it is a matter of survival," says Dr. Dorotheo. The body, he adds, is a terrain, and thus it should be treated as a whole entity with individual parts that affect each other, as controlled by

the brain. Pretty heady stuff from someone you thought only did braces, but Dr. Dorotheo is highly trained and is pioneering the field of Structural Management, wherein the body's physiology is closely examined and treated. He also deals in sleep apnea and snoring, which are indicators of hypertension—and also of TMJ dysfunction. He is also pioneering the Heart Rate Variability test, where your general state

of health is determined through a non-invasive—thank God—diagnostic check on your nervous system.



Dr. Marvin Dorotheo attends to a patient



USE BIG WORDS

Big, official sounding medical words for the simplest things

OCCUSION

The way your teeth fit together

HYPEREMIA

Bloodshot eyes

BRUXISM

Clenching or grinding of the teeth at night

TINNITUS

Those weird ringing, buzzing sounds in the ear

PTOSIS

When eyelids are drooping

EXOPHTHALMIA

Eye bulging (or Kokey-like appearance)

All this from a dentist?

The philosophy is quite different, but it actually makes sense. He recounts how patients complaining of inexplicable back pains, shoulder pains, even hip problems are treated because they suffer from TMJ dysfunction. A lot of common, every day annoyances like ear ringing, snoring, teeth grinding, and even that popping sound when you yawn too widely disappear when treated for TMJ problems. So, in essence, having the perfect bite and smile heals a ton of health issues that we never even knew were related in the first place. Thus, you won't get sick anymore. Ergo, you can spend more money on beer.