



Table of Contents

(Extract from the chapter "Preface")	2
(Extract from the chapter "Introduction")	2
(Extract from the chapter "Nutrition")	2
(Extract from the chapter "The Environment")	3
(Extract from the chapter "Laboratory Values and Imaging Processes")	3
(Extract from the chapter "Caries")	3
(Extract from the chapter "The Hyoid - A Central Switching Area for Personality Deviations")	3
(Extract from the chapter "The Craniosacral System")	4
(Extract from the chapter "Mental and emotional connections")	4
(Extract from the chapter "The Link")	5
(Extract from the chapter "Defective jaw and dental alignments")	5
(Extract from the chapter "Teeth and their relationship to the body (organs), mind and soul (psychosomatic relations)")	7
(Extract from the chapter "Root canal treatments")	8
(Extract from the chapter "Amalgam and other metals")	9
(Extract from the chapter "Extraction of Heavy Metals and other Toxins")	10
(Extract from the chapter "The Prognos Meridian Analysis")	10
(Extract from the chapter "Foci and Damaged Fields")	11
(Extract from the chapter "Implants")	11

(Extract from the chapter "**Preface**")

..... With this book I assert no claim to completeness in covering the holistic approach, but I do hope that it provides the reader with an initial impression of everything that the teeth involve.

Perhaps through this book a colleague or two will become interested in holistic medicine or dentistry, or will obtain information on possible alternative approaches to diagnostics and/or therapy.

(Extract from the chapter "**Introduction**")

.....

In my experience, the mental and emotional health of a person plays a role that is equally significant, at the very least, to that person's physical condition. A person is not only made out of his or her body, out of matter (*e.g. the teeth*) or tissue. Rather, the subtle energy body also deserves consideration.

For example, disorders in the total mental development of an individual could even affect the jaw's development and thus generate repercussions in the entire build of the spinal column. This realization was acquired more than 50 years ago by Prof. Balters, founder of the BIONATOR therapy. It was he who coined the term "Psychodontia".

As an example:

Very introverted (*inwardly directed*) or "sullen" persons often tend towards recessive lower jaws, to axially-directed and inwardly-oriented teeth within the oral cavity. A majority have a so-called humpback, hunched shoulders, and a slightly forward-tilting head.

In contrast, extroverted, outgoing individuals (*often very dominant*), who normally hold their grounds and assert themselves, have a more distinct, forward-positioned chin.....

(Extract from the chapter "**Nutrition**")

Proper nutrition is one of the most important building blocks to maintaining good health and to the sound development of humans and their teeth.

Adequate nutrition that is prepared with the freshest-possible (non industrially-processed) ingredients – ideally biodynamically grown – should be ensured. It is also important to note that such foods should be "gathered" in the earliest stages possible. This means that they should be procured at a stage when they still need to be chewed..... The present-day "time factor" has provided an unfortunate advantage to industrially pre-prepared foods. Most of these foods can be easily swallowed without any significant chewing action. This results in the fact that we hardly use our teeth to perform the task they were meant to do – to chew. In addition, we no longer know what ingredients are contained in every product, and these pre-processed foods lack the one ingredient that I have already mentioned before, love. Apart from this, in most cases such food has been deprived of important enzymes and vitamins, and has

been supplied instead with emulsifiers, preservers, artificial flavors and other chemical additives.....

(Extract from the chapter "**The Environment**")

Communications and other environmental influences are also of great importance, naturally, since they balance affection, awareness and physical conditions. If one or more of these basic requirements is disregarded – such as comfortably "parking" children in front of the television or computer – it leads to an endangerment of the harmony that exists between body, mind and soul.....

(Extract from the chapter "**Laboratory Values and Imaging Processes**")

Nowadays, conventional medicine assesses diseases almost exclusively on the basis of laboratory values and so-called "imaging processes" (e.g. *computer tomography, X-rays, ultrasounds, etc.*).

This type of diagnostic is doomed to fail in many cases. Especially when the area of chronic diseases such as rheumatism, neurodermatitis, ulcerative colitis (*chronic bowel inflammation*), allergies, etc. is involved, using the above processes affords conventional medicine very limited possibilities to obtain data that would uncover the cause of such diseases. Medicine then degenerates into a treatment of the symptoms, and not a treatment of the persons.....

(Extract from the chapter "**Caries**")

There is hardly any other "disease" in the medical field that has been as well-researched as caries. Caries is produced as a result of an imbalance between different sources of exposure and the ability of the organism to resist them.

The effects taking place between sugar, bacteria, plaque and the enamel, that directly attack the teeth, do not work alone in this situation. Other decisive factors are the interdependence between all systems involved with the digestive tract, the microorganisms that are present but insufficiently or erroneously-distributed within the intestines, nutrients, and any other possibly existing issues (e.g. "*Not having digested something*")......

(Extract from the chapter "**The Hyoid - A Central Switching Area for Personality Deviations**")

As already explained at the beginning, all parts interact with one another.
How does this work?

The hyoid, a small bone above the Adam's apple on the rear end of the mouth floor is the only bone in the human skeletal system that does not come into direct contact with, or is not directly connected to, any other bone.....

(Extract from the chapter "**The Craniosacral System**")

This becomes all the more clear when one realizes that the human skull is not made of one single piece, but of more than 22 individual bone segments that are connected with one another. This enables the head to pass through the birth canal despite its size.....

Since 1970, the American surgeon *Dr. John E. Upledger* based this system on a generally-accepted scientific principle.

All creatures possessing brain and spinal marrow also possess this physiologic craniosacral system.....

A blockage of a skull bone segment impairs the "respiration" of the skull, which can result, in turn, on a change in the diameter of the large cranial foramen. As a result, this alters the degree of pull on the meninges, and causes a change in position of the coccyx.

This has as a consequence, for example.....

A further aspect of this holistic examination of the teeth and the oral cavity, are the mandibular joints which are also connected.

The study of acupuncture has taught us that there are four meridians (*energy pathways on which the acupuncture points are located*) running through the area surrounding the mandibular joint.

These are the so-called triple burner meridian (*responsible among other things for the hormonal glands*), the small-intestine meridian, the stomach meridian and the gallbladder meridian.

This means that mandibular joint disorders could arise due to ailments in one of the four corresponding organ systems. Looked at in reverse, a disorder of the mandibular joint, caused for example by a filling or crown that is too high, could affect the associated meridians and thus the corresponding organs.....

(Extract from the chapter "**Mental and emotional connections**")

.....

In this phase of life, the child begins to assert him or herself – "I want this, I want that" – and to prevail.

If this molar is not yet present at the age of 6.....

One arrives at this realization by linking the interplay of psychosomatics, numerology (*the study of the meaning and symbolism of numbers*), symbol language, astrology and philosophy, as well as new physics and the simple observation of children. At this point, examining this interplay more closely would take us beyond the scope of this book.

Still, I would like to exemplify through this one tooth – and in very short, compact form – how the above-mentioned realization is arrived at:

Results:

If the tooth is not yet present, children have problems integrating the topics described above. They have difficulties finding their own place in the outside world. They will

have problems asserting themselves against "other" adults (*teachers*) and classmates.

My advice:

.....

The final teeth, the so-called wisdom teeth generally appear in the next cycle of 14-21 years of age. The rupture of these teeth into the oral cavity could lead to disorders caused by the previously-described problems – improper nutrition, insufficient exercise, and disorders or imbalances in mental and emotional development. I am convinced that a removal of these teeth due to "lack of space" – as requested by most orthodontists – is only necessary in very seldom cases.

In my 21 years of experience, I have only seen a few cases.....

The wisdom teeth are part of the heart (*upper wisdom teeth*) and small intestine (*lower wisdom teeth*) meridians.

It is known from psychosomatic medicine that the small intestine is linked to our vitality.

.....

A 37-year-old college instructor, whom I had already been treating for some time, complained of sensitive dental necks in the right upper jaw, on the outside of the teeth next to the cheek. No cause could be ascertained based on clinical examinations and X-rays. The teeth had gold inlays, but none of these fillings was defective.

Initially I tried to desensitize these tooth necks by using a special mineral solution. At the same time, I informed the patient of the organ system to which these teeth corresponded.

The affected molars belonged to the stomach-intestinal area.

In psychosomatics, the stomach belongs.....

(Extract from the chapter "**The Link**")

How can mental or emotional stress have an influence on the hardest substances that humans are able to produce – dental enamel and/or the jawbone?

The foundation for this knowledge was gained from teachings on human anatomy, based on trial results by Prof. Pischinger of Vienna.....

In summary it can be said, by way of example, that an alteration of the basic system in the dental area, such as the insertion of a tooth filling (*particularly in the dentin layer*), has direct effects on the entire body, since

.....

The trigeminal nerve is the only one of ten cranial nerves that

In this manner, defective jaw alignment or anomalies

(Extract from the chapter "**Defective jaw and dental alignments**")

Let's now do a comparison of these defective jaw and dental alignments.....

.....

Due to non-observance of self-regulation forces there is a relatively high number of recurrences. After removal of the device, the teeth often move back in the direction of their original positions.

The removal of healthy teeth also results in shifts of the corresponding tooth-organ relationships, illustrated in figures 12a and 12b. Teeth that were originally assigned to completely different energy relations, suddenly find themselves in a totally different position with totally different psychosomatic functions.

Advantages of removable devices, in particular of the BIONATOR:

The teeth can be brushed in the usual manner by removing the device.

The device does not exert any force onto the teeth or jaw because it is passive. It works through its own dynamics and the functional, individual forces in the oral cavity of the patient. With the movement of the mouth, the Bionator fosters the development of musculature in the tongue and cheeks.

.....

Examples of the effects of treatment with the BIONATOR at my practice:

Physical effects:

A young 11-year-old patient had to get braces due to a defective dental alignment. From the patient's medical history it was found that she suffered from scoliosis (*spinal curvature*). After making dental moulds and evaluating them, orthodontic treatment was initiated. At the same time my wife, who also practices alternative medicine, received a new, concomitant therapy for the spinal column.

Mental and emotional effects:

A 9-year-old patient was fitted with a BIONATOR due to a large gap between the upper incisors and other defective tooth and jaw alignments. The girl was an endearing, quiet, and rather unobtrusive child, whose academic performance and interaction with others could be described as rather reserved.

During the follow-up examination 14 days later, the girl's mother reported that she had wanted to call me on the day that the BIONATOR was fitted. The girl had begun crying in the car on the way home. The mother had asked her why she was crying, fearing that the BIONATOR was causing her daughter pain. The girl brushed her mother aside without ceasing to cry. The mother continued to ask her child why she was crying, and wanted to drive her back to my practice. Again the girl brushed her mother aside, letting her know that she did not have any pain, and that it was not necessary to take any action.

The crying continued deep into the night and the mother was seriously worried. After hours of endless crying, the girl was finally able to explain to her mother why she had been crying.

The child told her in a choked-up voice:

"Mama, I'm not crying because of pain or distress, I'm crying because I'm happy".

Thanks to the BIONATOR, a deep emotional block had been released, and was now given room and air through the lengthy crying.

By the way – a modification of the dental alignment is also possible for adults, and is not limited to a particular age. Treatment is simply easier and quicker during the

growing phase because the functioning of the jawbone can be better influenced during this time.

However, I have had many positive experiences with adults who – with the right motivation and participation – have made almost equally "fast" progress as children in the growing phase.

In this regard, this is another case study from my practice:

A patient with an extremely deep bite and a recessive lower jaw had already been under my treatment for a long time. Because of her existing bite conditions, she told me that constructing a bridge for her mouth had often been problematic. In order to relieve her bite situation, I initially recommended a bite guard.

After removing the old teeth, the patient looked at herself in the mirror with the new set and

My wife, who uses holistic kinesiology predominantly in connection with psychosomatics, happened to be at the dental practice this morning.

She found the patient sitting quite dejectedly in the waiting room, and spoke with her. The patient told her that she had been very happy at the beginning. However, for the last five days she had been experiencing severe pain and could not understand why the sudden pain and why with such intensity. My wife, who had also seen the patient with her previous set of teeth, explained to her.....

(Extract from the chapter "**Teeth and their relationship to the body (organs), mind and soul (psychosomatic relations)**")

How are teeth related to the organs and the mind?

In 1958 – more than 40 years ago – the German physician Dr. Reinhold Voll founded Electro-acupuncture according to Voll, named after him.

Based upon Chinese acupuncture relations, he found further relations to acupuncture points and organ relations, in which he conducted electrical resistance measurements at the skin's acupuncture points using a resistance measuring device. In doing this he discovered together with Dr. Kramer, a dentistry colleague, that by electrically stimulating tooth sockets, the resistance measurement values of the particular acupuncture points corresponding to distantly located organs were altered. Through painstakingly detailed work, they were able to identify the connections between the individual organs and their corresponding teeth.

The result is illustrated in figures 12a and 12b. Still more connections exist to other bodily structures such as vertebrae, glands, etc.

By using electro-acupuncture it is now possible to determine whether and to what extent a tooth is diseased, whether and to what extent it is having an influence on the corresponding organ system, or if the tooth itself is being affected by this system.....

With the aid of the next illustrations you can see the connection of the teeth to man's musculoskeletal system.

Our colleague Dr. Gleditsch has illustrated these connections simply and comprehensibly, in very impressive diagrams.

These illustrations should clarify existing relations and that, for example, chronic ear problems always.....

(Extract from the chapter "**Root canal treatments**")

.....

In the many small side canals that continue to branch off, similar to a plant's root system, dead nerve matter from the tooth remains in place, decays, and is decomposed by bacteria.

Bacteria continuously produce toxins, i.e. hydrogen sulfide compounds such as methyl mercaptan, in dead (root-treated) teeth.

These facts were examined and proven [12] 80 (!) years ago by the American dentist Dr. Weston A. Price, who was the Chairman of the ADA (*American Dental Association*) at the time. He removed dead teeth from chronically ill patients and implanted these teeth under the skin of rabbits.....

The following two case studies from my practice demonstrate the effect that root-filled teeth can have, and how the patient's health changes after removal of these teeth.

1. Case study:

A 30-year-old woman in her third month of pregnancy had to undergo an induced abortion since it was determined by her obstetrician during routine care that the baby had died.

After all risk parameters had been ruled out by her obstetrician and family care physician, this patient came to see me 2 ½ years ago.

In examining her teeth I found she had a root-filled incisor on the left-hand side. She told me that the root filling had been conducted several years before. I explained to the patient that there is a connection between the teeth and organs, and informed her that this tooth.....

2. Case study:

A 37-year-old patient came to see me upon recommendation. In obtaining her anamnesis (*medical history*), the patient told me that she had been diagnosed with ovarian cysts.

I found that she too had a root-filled incisor – but on the right-hand side.

A final assessment yielded, as in the previous case, an energetic connection between the tooth and the ovaries.

Five months after the tooth was removed, the cysts disappeared.

One day, a man came with his daughter, who was approximately 10 years old at the time, to see my German-American colleague Dr. Klinghard, who also works in kinesiology. The girl was seriously ill and had already undergone several unsuccessful attempts at treatment, without obtaining any improvement in her health. Dr. Klinghard examined the girl and also conducted kinesiologic testing. In doing so, he discovered that a tooth – which had been root-treated, as he later determined –

had impaired the entire regulatory capabilities of the girl's immune system. Dr. Klinghard recommended that this tooth be removed. Shortly after removing the tooth there was a dramatic improvement in the girl's health and.....

(Extract from the chapter "**Amalgam and other metals**")

....

The fact that amalgam continues to be widely declared as harmless is an utter infamy against the researchers and scientists who have long proven otherwise, and against the many patients who have been made ill because of it, and who have only healed after undergoing amalgam removal and extraction treatment

My advice:

Never conduct amalgam sanitation during pregnancy or the lactation period. Make sure that no new amalgam fillings

A few case studies from my practice on the alleged "harmlessness" of amalgam:

Case 1:

A 60-year-old college professor came to see me. He had completely lost his sense of smell, and thus the associated sense of taste. He was sent to me by another holistic general practitioner who had already tried everything with this patient, but had only achieved minor improvements every time. The loss of his taste and smell senses had not been recovered, however. Bit by bit I removed all of his amalgam fillings, taking precautionary measures for the patient. The teeth were provided with temporary fillings and a final recommendation was made for extraction treatment, which was agreed upon with the other physician.

During extraction treatment, three weeks after removal of the last amalgam filling, the patient beamed with joy in reporting that his senses of taste and smell had returned. After the extraction was completed...

Case 2:

A middle-aged woman, married to the president of a mid-size company, had complained for years about decreased levels of activity and strength. She had one bladder infection after another, and each had been unsuccessfully treated with antibiotics. This woman's immune system was in particularly bad shape.

During the examination and the final assessment using electro-acupuncture according to Dr. Voll, I found a massive source of exposure from her amalgam filling. In her case it was not the mercury that had caused the greatest disruption, but rather the copper and tin that were contained in the amalgam

When we see each other, she often says to me: "If it had not been for you, I would not be living today!"

Is there better evidence of testing accuracy using electro-acupuncture according to Dr. Voll, and of the toxicity of amalgam?

Case 3:

A 31-year-old woman came to my alternative medicine practice. She could hardly go up the steps and was no longer able to drive a car since she had no strength left in her arms and hands.

The patient was in a very bad state of health since she also had problems tolerating food.

The final evaluation in her case yielded high-level exposure due to amalgam.....

One word in regards to precautionary measures.....

Conclusion:

A rubber dam (*dental dam*, see above) does keep chips out, but

(Extract from the chapter "**Extraction of Heavy Metals and other Toxins**")

After publication of the first three editions, I was repeatedly asked about the best extraction possibilities. To this end, I am including an extra chapter in the 4th edition.

As I already mentioned in the previous chapter, an extraction is only absolutely necessary when.....

Since many of the medications and products that I use for extractions are tested for the individual patient by myself using either the **PROGNOS Meridian Analysis or other testing methods**, and some of these are only available by prescription, I will not provide in this case any recommendations for medications. They should be individually tested in accordance with the degree of exposure, and work differently with every person since every person is unique.

However, what has well proven itself in the last few years...

(Extract from the chapter "**The Prognos Meridian Analysis**")

This new diagnosis and therapy control method grew from the electro-acupuncture method according to Dr. Voll. The system is based on the knowledge acquired by 5000 years of experience with Chinese acupuncture, coupled with the possibilities of the most modern computer technology.

How does this diagnosis system work?

.....

How can PROGNOS® be of help at the dentist?

Based on the graphic illustrations and the assignment of meridians that are insufficiently supplied with energy, the corresponding tooth can be.....

The first graphic shows the output situation for the meridian's state of energy.

The second graphic shows the change after injection in a problematic tooth.

(Extract from the chapter "**Foci and Damaged Fields**")

What is this and how can such problems be approached and identified?

To reiterate:

Modern imaging processes such as X-rays do not show if a tooth has been "exposed". Only when....

To this end, here is another case study from my practice.

A 68-year-old patient came to see me due to problems with her upper dentures. During anamnesis (*obtaining prior medical history*) it was learned that she had had severe problems in the lower abdomen area for decades. She said that an upper lateral incisor had been removed years ago. This tooth had been root-treated when she was about 30 years old. Following in-depth questioning it was established that.....

Another case:

In 1991, a 25-year-old man came to see me at my dental practice. He had obtained my address from another holistic medical practitioner in Trier, and was incapable of working at the time.

After testing him, this medical colleague had the suspicion that a root-treated upper molar was the reason for a problem in the gastric-intestinal area that the man had had for years.

My tests using electro-acupuncture according to Dr. Voll yielded a clear problem in this tooth, affecting the large intestine. In order to balance the damaged skin resistance at the corresponding acupuncture point, I needed among other things the nosode (see above) of *E. coli* bacteria.....

Two days later I received a call from the head of the microbiology department, who wanted to give me the results. Before he was able to say anything I asked him: "....., correct?".

(Extract from the chapter "**Implants**")

I would like to address another topic about which I am often asked: Implants.....

I have had to remove implants from many of my patients because their diseased bones did not accept these foreign bodies...

An example of the effects of material therapy – the fitting of implants – on the mental and emotional area. The depression went away.