Whole Body Symptoms of Dental Bite Distress

“Research has demonstrated that excessive dental distress routinely co-exists with a pattern of chronic symptoms that are found through all systems of the body. These problems quite routinely normalize when the dental dysfunction is eliminated.”

Aelred Fonder, D.D.S.
The Dental Distress Syndrome Quantified

Don’t feel well no matter what you or your doctor(s) do? Lacking “oomph” and joy? One missing link may be how your dental bite fits within your head-neck-spine.

Dental bite is a system of joints, bones, muscles, and teeth that serves vital functions such as eating, drinking, breathing, swallowing, and talking. When the dental system is in distress, life must go on but the body pays a heavy price in terms of chronic and persistent medical symptoms. For example, Dr. Fonder’s research shows “low thyroid is almost always a constant finding” in patients with dental bite distress.

To understand the global effect of dental bite distress, it is useful to go back to the origin of teeth and jaws. Embryologically, the control system of the body is formed in the 4th week of development from Neural Tube and Neural Crest Cells. The table below lists their “down lines”:

<table>
<thead>
<tr>
<th>Neural Tube Cells Derivatives</th>
<th>Neural Crest Cells Derivatives</th>
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<tbody>
<tr>
<td>The brain, spinal cord</td>
<td>All sensory receptors, proprioceptors, peripheral nervous system</td>
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<tr>
<td>central nervous system</td>
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<tr>
<td>The master pituitary gland</td>
<td>All remaining Hormonal glands</td>
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<tr>
<td>4 upper front teeth and surrounding bone</td>
<td>The rest of dental system except dental enamel</td>
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Dental bite ranks high in the body’s organizational chart. Our body’s command & control system consists of nerves, hormones, and jaw-teeth-bite. This is the reason why when the dental bite is in distress, so much of the body is affected. Brain’s sensory and motor capacities are devoted to the dental area (Penfield & Rasmussen, The Sensory Homunculus, McMillan Co. London, 1966. Production in G.D. Lammie’s Dental Orthopedics: The Alden Press, Oxford, p.19). This explains why the body can have no peace and comfort in the face of dental bite distress.

Clinically, whenever neurological or hormonal issues persist, remember to consult a dentist who understands these connections. “Chronic scalp and leg sores of many years duration that have not responded to conventional medical care heal in a matter of a couple of weeks. Psoriasis, asthma, constipation, PMS, and numerous etiology unknowns normalize quite routinely, if the disease(s) have not progressed beyond the point of no return.”
These are Dr. Fonder’s research findings of the symptoms and the percentage in which they were found.

1. **Jaw Joints & jaw muscles:**

   clicking/popping noise, 100%
   “Z” jaw opening- closing 100%
   head-jaw-neck pain 100%
   subluxation 100%

2. **Dental:**

   wear facets 89%
   Periodontal disease 68%
   Saliva quality or quantity 82%

3. **Ears:**

   hearing loss 97%
   itching 74%
   vertigo 74%
   tinnitus 92%
   excessive ear wax 85%
   ear aches (occasional) 23%

4. **Pain in head & neck**

   Headache
   Women 99% (frequent migraine + sinus)
   Men 47% (infrequent migraine, common sinus)
   Neck & Shoulder dull ache 94%
   Neuralgic pains 82%

5. **Sinus and Throat (except fresh air sleepers)**

   Post nasal drip 93%
   Habitual clearing of throat 84%
   Sinusitis 86%
   Chronic colds 58%
   Sneezing 57%
   Hay fever 21%
   Asthma 7%

6. **Eyes**

   (some symptoms are usually present)
   light sensitivity (frequent)
   blurry vision (common in advanced cases)
   itching or burning (frequent)
   twitching eye lids (periodic)
   infection (very common)

7. **Hair, scalp, & skin**

   Dry skin in hands, scalp, face 93%
   Diffuse hair loss (common in women)
   Dry and brittle hair (common in women)
   Skin rashes, dermatitis, acne

8. **Gut (gastro-intestinal)**

   Upset stomach & Heart burn 86%
   Constipation (occasional to chronic) 92%
   Bladder infection (women) 26%
Kidney infections 24%
Gas and/or itching 29%
Bed wetting in children 8%

9. Gynecological 99%
- Irregular menstrual cycle 99%
- Premenstrual tension 96%
- Cramps or Pain (mid-menstrual) 97%
- Frigidity (usu. After 2 children) 85%
- Miscarriage or infertility 51%

10. Mental-mood
- Depression (esp. during periods) 97%
- Easy irritability (esp. among men) 86%
- Increased nervous tension 86%
- Malaise (“Don’t feel like it”) 61%
- Worrying (esp. women) 84%
- Restless sleep (awake tired) 78%
- Melancholia (not uncommon)
- Hyperchondria (frequent in females)
- Forgetfulness (common complaint)

11. Skeletal and Appearance:
- Backaches and leg aches 47%
- Cold hands and feet 67%
- Numbness in hands and legs 32%
- Facial pallor
- Dull non-sparkling eyes

12. Medical-Endocrine:
- Low thyroid (an almost constant finding)
- Blood abnormalities in count, quality, shapes
- Thirst not satisfied by water 43%
- Restless nibbling at food (non-satiating)

“It is impossible to divide a patient into neat little areas to be treated in dichotomized fashion without consideration of the resultant affect upon the total person, psyche, and soma.”