

When Body Pain Won't Go Away, Consider Your Teeth
By W. Fred Milton, D.M.D.- Tischler Dental Associate

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They say that all journeys begin with one step. In my case, I guess you could say that I started with one misstep that appeared as a potential threat to my career. In fact, it was the first sign that led to my awakening to alternative healing methods and their sometimes hard-to-believe impact on my patients and my work.

I'm a dentist. I understand the reaction of many people to the mere mention of dentistry, but bear with me. In the years since that occurrence, I have gone on an extraordinary "learning journey" discovering how the teeth and mouth, very much part of our bodies, actually relate to the rest of our physical being.

For me, it started when I awoke one day to find my left knee swollen and in pain. This would never do. As a dentist, I'm on my feet all day. My first attempt at healing was to go to a regular allopathic doctor--an orthopedist who prescribed anti-inflammatories, in my case large doses of Advil. That seemed to alleviate the problem. The symptoms went away, but emerged again every couple of months. His diagnosis: an early sign of old age. When I told him that my other knee was just as old and perfectly fine, he laughed and shrugged. His eventual suggestion: surgery. After waffling about four months, I nixed the idea and decided to move on.

Instead I studied Touch for Health, energy work that taught me that the body has all the answers if we can only learn the questions to ask. I began to understand the primary role our emotions play in how our bodies work, what goes on in our subconscious minds and its effect on our physiology. Through this course of study I was introduced to Chinese medicine, meridians, checking pulses and other non-Western approaches to health and healing. I learned that we don't heal the body, but rather the body heals itself. Treatments from the instructor and ingesting recommended herbs improved the condition of my knee. And while it has never returned to its previous state of health, neither has it ever swollen up again.

Now you've got to understand that I had been a practicing 100% American Dental Association by-the-book dentist for many years. Until I hit a dead-end in my own healing, until I felt truly compelled to look elsewhere, I had been closed to alternative methods of treatment. Soon, however, I realized that my exploration was expanding from a chase after my own health to a deeper concern for the health and well-being of my patients than was possible with traditional methods.

What could I do to help us all? Touch for Health had eroded my previously held, staunch traditional posture toward dentistry. I began to consider how to integrate a holistic healing methodology into my practice. I soon found myself searching for a way to bring "whole body healing" through the door of dentistry. I began taking courses in CRA (Contact Reflex Analysis), a method of treatment using muscle testing and nutrition by Michigan chiropractor Richard Versendahl. I began incorporating and continue to use CRA principles in my practice. A real breakthrough came when Dr. D. A. Versendahl told me that he knew of a dentist who could "adjust any vertebrae in the body through the teeth."

Of course, I was skeptical at first. I had to hear about this remarkable man two more times from separate sources before I was moved to contact Dr. Dan Gole of Grand Rapids, Michigan. I called his office and "struck gold." At the introduction to his seminar in Scottsdale, Arizona that weekend, I heard him say, "We're going to learn how the teeth affect structure, speech, respiration and all the organ systems of the body. In other words, teeth do more than just chew food."

I opened my eyes, sat up straight and watched him work. His first patient was brought to the front of the room in a wheelchair, unable to walk and having lost all muscle tone in her legs since seemingly recovering from a giardia infection and having recently given birth. Dr. Gole systematically tested certain muscles, not unlike painless muscle testing used by many chiropractors and acupuncturists, and related them to specific spots on her teeth. By having the patient bite down on pieces of paper while testing for strength or weakness in her muscles, he was able to discern where tiny non-invasive dental adjustments were needed. He repeated the process again and again, making minor adjustments along the way until twenty minutes later, when the woman's strength and muscle tone were restored. Her body now in balance, she walked freely up and down the aisles of the meeting room. I have since studied and continue to use Dr. Gole's technique, Resultant Force Vectors (RFV), and now see "miracles" like this every day in my office. It is a constant source of amazement.

Returning to Miami, where I continue to maintain a practice, I saw a patient who had constantly complained of painfully sensitive teeth, though I could find no detectable sign of decay. Hers was an extreme case. In spite of my desire to do otherwise I had repeatedly felt forced to send her to a root canal specialist. By the time I saw her this time the woman had had over twenty-two root canals! This time, seeing her with yet another emergency, she showed me exactly which tooth was hurting and asked me to adjust it. I told her that I'd just gone to a seminar and asked her to bear with me as I tried a new method to find the source of her pain.

Using RFV, I found that the tooth that was actually out of alignment was on the opposite side of the tooth she was indicating. Adjustments to the misaligned tooth restored the balance of her bite, and thus her body, and her pain went away. I have continued to use RFV in treating her. She has since been pain-free and has never had another root canal.

As my knowledge of the relationship between the body and the teeth has grown, I have been able to offer non-invasive treatments that often eliminate pain such as hers. In actuality, pain experienced in the teeth often originates from a muscle and is referred to the tooth. This referred pain can be traced to its source anywhere in the body, including any of the organs. It often mimics a toothache, neckache, migraine or other seemingly unrelated condition .

Most incidents of TMD (Temporal Mandibular Dysfunction--formerly called TMJ) are muscle-sourced. Symptoms of TMD may indicate arthritis or other joint dysfunction, or could be coming from an emotional or nutritional problem. The common treatment is with a plastic appliance worn on either the upper or lower teeth, however, this doesn't necessarily treat the source of the problem nor does it allow the body to heal itself. And the idea is to do just that. When the body is returned to balance through methods such as RFV, it kicks in to heal itself. The results are undeniable.

When other treatments have not been successful in relieving pain or other ailments, injuries or syndromes, perhaps healing can be found through the kind of treatment I've described. When considering your health, don't forget your teeth. They most certainly do more than chew food.

Dr. Fred Milton is dedicated to optimum health through dentistry. He has had exceptional success in the management of chronic pain through advanced techniques that may bring you immediate results and is one of a handful of dentists in the world who uses Resultant Force Vectors in his work. Skilled in cosmetic dentistry, he incorporates traditional methods and a range of complementary modalities in his scope of services. **In August, Dr. Milton joined Tischler Dental Center in Woodstock, New York 866-359-5743.**