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*Holistic
Dentistry*

Leonard Kundel DMD

There Are Many Potential Benefits of Transformational Orthodontics

After correcting cranial imbalances with ALF appliances many patients report that seemingly unrelated problems improve or resolve completely. Improvements have been observed clinically in the following conditions:

Asthma ♦ Dizziness ♦ Chronic Headaches ♦ Back Pain ♦ Digestive Issues ♦ Ringing in the Ears ♦ Hormonal Changes ♦ Neck Pain ♦ Sleep Disturbances ♦ Psychiatric Issues ♦ Claustrophobia ♦ TMJ ♦ Pain & Disk Re-capture ♦ Posture ♦ Balance & Sway ♦ Upper & Lower Extremity Numbness ♦ Abnormal Tongue Posture ♦ Swallowing Patterns ♦ Noisy Breathing ♦ Snoring ♦ Pauses in Breathing During Sleep ♦ Increased Sweating ♦ Unusual Sleeping Positions ♦ Irritability During The Day ♦ Poor Concentration ♦ Speech Delays ♦ Hyperactivity

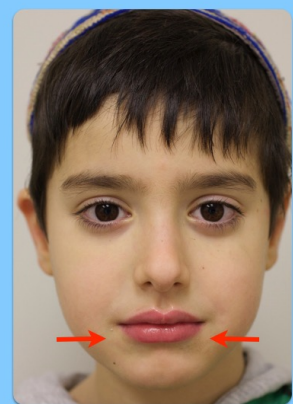
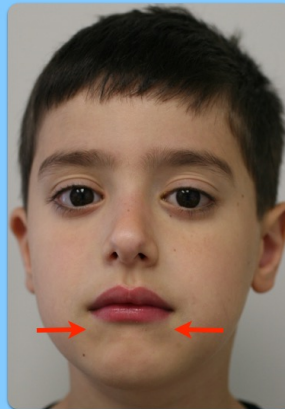


Head Forward Posture

November 6, 2013

May 7, 2014

- ★ **Less Pronounced Underbite**
- ★ **More Symmetrical & Wider Face**
- ★ **Better Developed Facial Features**

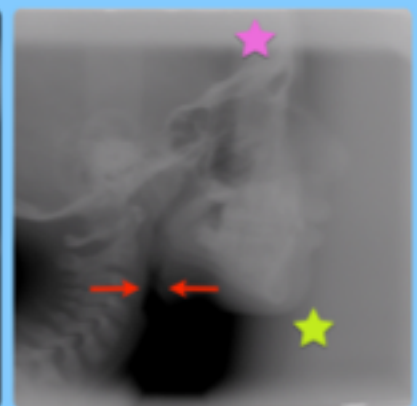
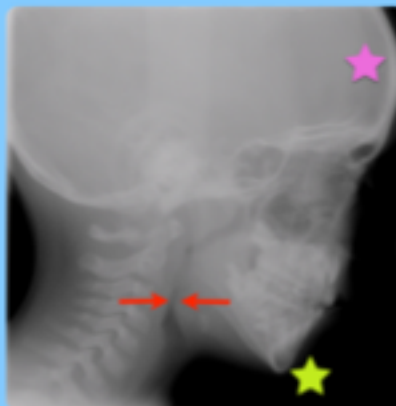


Head Forward Posture

November 6, 2013

May 7, 2014

- ★ **Downward Growth of Lower Jaw Changed**
- ★ **Wider Airway**
- ★ **Head IS NOT Falling Forward Anymore**



The Consultation

A thorough evaluation begins with a complete medical history including birth history, breast feeding, etc. Next, we perform a comprehensive medical exam which focuses on cranial asymmetries, palatal height and shape, oral habits, tooth position, tongue posture, swallowing pattern, frenum attachments, head posture and gait.

The ALF Workup

The ALF Workup consists of several radiographs, photographs both intra-oral and extra oral, as well as study of the teeth and gums models.

Phase 1 Treatment

The first phase is the orthopedic phase. It deals with creating harmony between the teeth, cranial bones, and muscles. The ALF appliance is custom designed for your child based on his or her individual needs. Goals include identifying the cranial distortions, correcting the alignment of the upper and lower jaws, and creating arches of adequate size and shape to accommodate permanent teeth. We also suggest co-treatment with an Osteopath and/or Chiropractor as well as a myofunctional therapist during this phase of treatment.

Phase 2 Treatment

The second phase is the orthodontic phase. During phase 2, the teeth are leveled and aligned using “cranio-friendly” methods such as self-ligating orthodontic brackets, myofunctional oral trainers, or custom aligners.

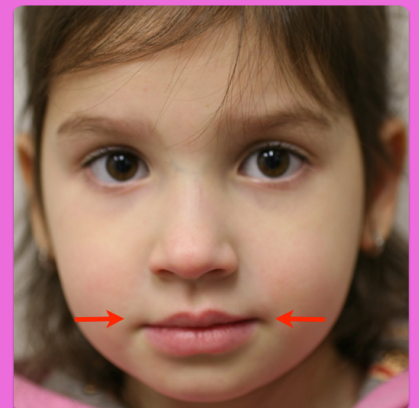
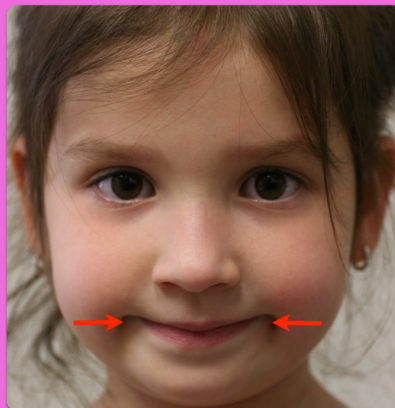


Changes After 3 Months

October

December

- ★ Improved Smile
- ★ Fuller Lips
- ★ Better Facial Proportions



It Takes....



- 1 Dr. Kundel - Your Dentist
- 2 An osteopath and/or chiropractor trained in cranial therapy with body dynamics
- 3 A myofunctional therapist for swallowing therapy, breathing exercises and reflex programming

Forward Facial Growth

January

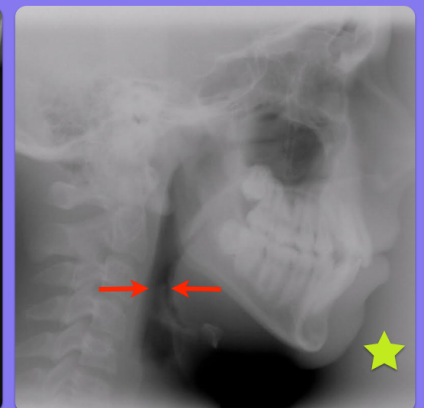
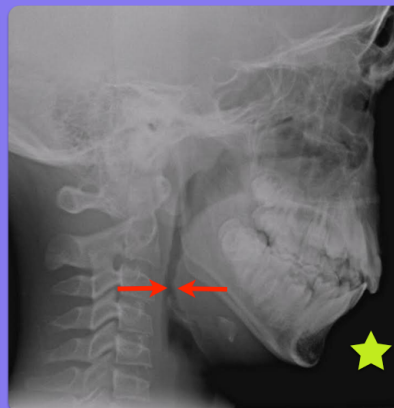
- ★ **This Change Happened in Two Months**
- ★ **Enhanced Horizontal Growth**



Forward Facial Growth

January

- ★ **Wider Airway**
- ★ **Downward Direction is Changing**
- ★ **More Relaxed Eyes**





Leonard Kundel DMD

I have been studying Oral - Systemic connection for the past fourteen years. It has been my passion from day one. My path has taken me from being an orthodontic patient, and, as a result, to a TMJ patient, to a dentist that helps people with jaw pain. The understanding of connection between mouth and body is a foundation for my practice.



It is that understanding empowers me to assist moms and infants with breastfeeding as well as help children with growth and development. The ALF approach is the most "whole body" friendly dental treatment with benefits that last a lifetime. Building bridges between medical and dental communities brings results to our patients that were not possible before.

To be of service is meaningful, gratifying, and fulfilling experience that begins anew every single day. My debt of gratitude is to my many mentors who spent the time and energy to teach and share the information. I want to thank all my patients who put their trust in me and propel me forward to continue advancing.



leading the
TMD and Dental
Sleep Community



Changes In 5 Months

- ★ **Forward Facial Development**
- ★ **Fewer Mood Swings, Increased Clarity in Thinking and Speaking, No More Mood Swings**

August 2014



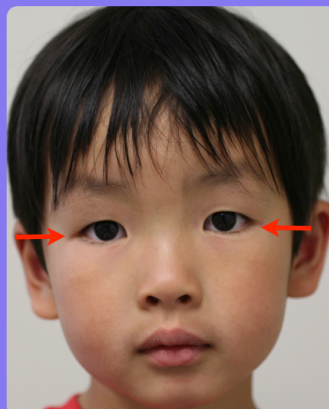
December 2014



Changes in 3 Months

- ★ **Wider Face**
- ★ **More Room For Permanent Teeth**
- ★ **More Relaxed Eyes**

September



December

