



History Taking: Dental Evaluation Transcript

Next step in taking a ninja history, we are going to look at *Dental Evaluation*. You may be thinking, wait a minute; I am not a dentist, why do I have to do a dental evaluation? I don't know how to fix teeth and I don't know how to fix gums. What I am getting at is the effects of their mouth, the effects of the kind of dental work they have, the effects of the infections in their mouth that can have wide reaching consequences. You want to find out what that is. You can do it with a questionnaire; you can do it with just asking them questions.

Before we begin let's make sure that you are aware that any of the information I'm presenting here is not intended to replace a one-on-one relationship with a qualified healthcare professional. It's also not medical advice and when you are presenting to your clients you need to be really careful and make sure that they are aware that what you are presenting, and what I'm presenting here today, is intended as a sharing of my knowledge, information, clinical research and clinical experience over many years.

I encourage you, and you should encourage your clients, to make their own healthcare decisions based upon your research and in partnership with a qualified healthcare professional. This is especially true for people who are on any medications. I just want to make sure that the things that we talk about in terms of nutrition are not going to interfere with the protocols.

You should include this as part of your very thorough evaluation. Do they have any fillings? If so which teeth? Have they had any root canals? Again, where? Do they have bridges and crowns? What are their dental habits? Do they floss? Do they rinse their mouth with salt water? What kind of toothpaste do they use? Are they doing it regularly? Have they had gingivitis, which is an infection of the gums? Then we have a *Dental Evaluation* form. Let's take a look at this in more detail.

You want to find about their sore gums, gingivitis, and infections in the gums. Ringing in the ears, there is a connection: the Eustachian tube goes between the mouth up into the ears and dental issues and infections in the mouth can contribute to problems in the ears. Do they have TMJ problems, temporomandibular joint, that is the joint in the jaw.



That is a concern when they have misalignments, it can cause misalignments in their neck, it can cause headaches, it could be contributing to some of their issues. A metallic taste in their mouth, which could be related to either their fillings or heavy metals in their body. It could be bad digestion. Bad breath. White tongue, thrush would be a candida infection but they may have a white coating on their tongue which is not an infection which is related to just an overgrowth of something. Have you worn, or do you presently wear braces? You want to know about that. You want to know if they have difficulty chewing. Do they floss regularly?

Did your mother have dental fillings prior to giving birth? What does that have to do with anything? It was toxic exposures while she was pregnant. Some of the exposures to the dental materials could have entered into you. You want to know about their childhood fillings. All of my teeth were filled by the time I was 10. That says something about their nutrition as a child, which may reflect on the health of their bones and their teeth, and all of their collagen containing structures. You ask about how many fillings, dental fillings as an adult, how many amalgams do they have.

You want to find out if they have mercury amalgams, do they have composites, which are loaded with estrogenic compounds by the way, you know, estrogens. Or do they have ceramics, which are less toxic than all of the others but way more expensive and very hard so you can get problems with the opposing teeth when you have ceramics. You want to find out what is the exposure because every time they bite down are they releasing mercury vapors into their system? Are their fillings causing them to have hormone inhibitors? Hormone disruptors?

The other thing, did you play with mercury as a child or an adult? This is a very odd question when I first saw this, but I remember that when I was a kid when we broke one of those thermometers I thought it was really cool how the mercury would ball up like that and I would actually pick it up and touch it, so I had that kind of direct exposure to mercury through my skin and they may have too.

Fortunately they do not make that kind of thermometer anymore. And a lot of fish gives you exposure to mercury. We are looking at the dental history but also their heavy metal exposures. You can get them to describe their dental work and then take a look at the tooth diagram and circle the teeth that they have had problems with. Where have they had fillings or crowns or infections or root canals? Circle those. There are 32 teeth and each one has a specific number and that is the numbering scheme that is used by dentists. That is one way to look at it. In addition to this, each tooth in Chinese medicine is associated with a meridian.



The next thing I have for you is some fun where there are a couple of charts that relate each numbered tooth to a particular organ, an acupuncture meridian, and a set of emotions.

It is just really nice when you get this information from people; if they have had specific recurring problems in their teeth, to go back and see which teeth they are and relate it to these particular charts. It is very interesting and I would like to show you both charts. This one relates the Meridian so the meridians are here at the top; heart, stomach, lung, liver, kidney, liver, gallbladder, lung, large intestine, stomach, spleen, heart, small intestine. They are paired meridians. Then which associated Western medicine -- joints, organs, and glands. That is the next set of lines, and which teeth they are associated with.

Is this pure science? No. What did I say? We are going to get the best of science and traditional type approaches. If you do not believe in any of this, no problem but I think it is a very useful tool. It gives extra information that you normally might not have. It just might give you some insights. You never know. I would take a look at this. Then we will go to the next chart.

The emotions, the first 16 teeth along the top, we have emotions, then the organs, then the meridian. So emotions, organ, meridian. Really we only need one chart unless you want to get into the level of detail from the other chart, but this one would be a great one to have as a reference. Same thing at the bottom, from teeth all the way up to 32, the meridians, the Western organ association, and at the bottom there, the emotions. Just something useful to have in your bag of tricks that you might find useful with some people.