



PROUDLY BOUGHT TO YOU BY

Francis O'Gorman

<http://www.bettercirculationshop.com.au>

TOOTHACHE AND GUM DISEASE PREVENTION - THROUGH IMPROVED LYMPHATICS

IS IT THE DENTISTS DUTY OF CARE - TO ADVISE US THAT INADEQUATE LYMPH FLOW IS OUR UNDERLYING PROBLEM - AND THAT LYMPHATIC DRAINAGE SHOULD BE OUR FIRST STEP IN TOOTHACHE AND GUM DISEASE PREVENTION - OR WOULD THAT AFFECT THE DENTAL INDUSTRIES FINANCIAL STRUCTURE TOO ADVERSELY?

Do YOU think your dentist tells you everything you ought to know about preventing tooth decay?

Have you ever sat in the dentist chair while he drills and drills and drills into seemingly endless tooth decay, that comes up the centre of the tooth?

When I was about eleven I used to go in after school and get tooth after tooth filled with an ugly black filling. Ugly - even today half a century later, I have to keep my mouth closed and still smile for photographs, otherwise the ugly black fillings take over - I have been self-conscious about that for decades.

Now, besides the ugly black fillings, the dentist had drilled out all the structure of my teeth and filled them, so that after about thirty years as the fillings perished and fell out, the tooth walls would fracture if a large piece of food such as a piece of apple or steak got wedged in between two of my teeth that had very thin sides. This tooth splintering off continued until about 20% of my teeth were reduced to just above the gum. Can you associate with this predicament?

EXTRACTIONS

After about twenty years of gum abscess and toothache at the beginning of each winter - I once again found myself sitting in the dentists chair because of an annual abscess eruption and the accompanying toothache. Only this time I was looking down the barrel of multiple tooth extractions because that was the recommendation of that particular dental surgeon. So out came the four teeth from the bottom right jaw where the abscess resided. Remember - the only reason why I was in his chair was because I had an abscess which was causing me a lot of pain.

THE UNSPOKEN LIE ABOUT ABSCESS, TOOTHACHE, GUM DISEASE

If I have your understanding, I think you will understand what happened next to be quite a revelation - three days after the extractions, an abscess erupted from the upper left gum - straight away I knew that it was never ever the teeth that had caused the pain.

The extracted teeth may have been pulled - not - because they were decayed - but rather because the nerves in the swollen gum were impinged or stretched as in a vertebral misalignment - making them extremely painful.

I lost those teeth due to the gum or tooth abscess - the dental professional had removed my teeth as a first step.

When in hindsight I think he should have removed the toxic interstitial fluid as the first step, by creating lymph flow through lymph drainage procedures. And THEN looked at pulling the teeth secondly, after the infection had been removed - not through a course of antibiotics which is the known treatment for treating the SYMPTOM - but through an alternative treatment called lymphatic drainage which treats the CAUSE of gum infections and tooth decay - stagnant lymph.

The toxic interstitial fluid throughout the gums enters into the lymph ducts for draining away waste products. These waste products create the acidic, toxic environment necessary for tooth decay and the tooth abscess to develop. And as biomechanical lymph drainage is far stronger than manual lymph drainage therapy, biomechanical lymph drainage our most natural and powerful antibacterial therapy available.

So when you maintain good circulatory flow through the neck and head, you are executing your most powerful ally for the prevention of tooth decay.

WHAT MAKES SENSE TO YOU? SHOULD THE INFECTED INTERSTITIAL FLUID HAVE BEEN REMOVED? OR THE TEETH?

Usually the abscess originates from a bacterial infection that has accumulated in the soft pulp in the base of the tooth where interstitial fluid flow should be happening, but is non-existent and an acidic environment has evolved. This is usually, but not always, associated with a dull, throbbing, excruciating ache in the tooth nerve.

Lymphatic flow is the main route of detoxification for the individual cells in the jaw and the whole body for that matter and must be maintained for optimum health. The lymph system, unlike the blood or vascular system, does not have an active circulatory pump, but rather it relies instead on a secondary action from muscular contraction and arterial pulsing in the neck, head and throughout the body for its proper functioning, so that when lymph flow tires and slows, as it does when we get tired, we need the artificial stimulation of lymph flow, to prevent blocking and the solidifying of the lymph in the lymph nodes. Keeping lymph flow active throughout the entire body prevents infection and abscess forming.

At the time I was doing Remedial studies and I started playing around with the hard lymph nodes in front of and under my ear and along the jaw, eventually softening them up. I got right into lymph drainage techniques for the face and before long the abscess eruptions stopped visiting.

As soon as I got the lymph moving the toothaches stopped - and it became clear, that my tooth or gum disease was a simple disorder of toxic waste product accumulation in the jaw - waste products from muscular contractions, unused, stagnant blood protein, tension in the neck, etcetera.

Tooth decay inside the tooth is a direct result of poor circulation of blood and interstitial fluid through out the upper and lower jaw.

Dental Professionals should be re-establishing fluid flow through the neck, by easing the neck musculature and lymph nodes with biomechanical cross fibre techniques, in much the same way as chiropractors now recognize massage therapy as an essential component of good chiropractic competence and practice.

My toothache and gum disease problems were REALLY stagnant lymph and poor circulation issues. NOT issues that unnecessarily complicate and complexify the dental language in able to disguise the problem as - BEING CAUSED BY: "untreated tooth decay", "cracked teeth" or "extensive periodontal disease"

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WHY DID THE DENTIST NEVER EVER, TELL ME WHAT MY BASIC PROBLEM WAS? WAS IT TO BOOST HIS OWN COFFERS? OR IGNORANCE?

Since starting regular lymph drainage through biomechanical treatment for stress relief of the neck and boosting circulation to the jaw, my abscess eruption and toothaches are simply bad memories. Not only do my biomechanical treatments stimulate fluid flow to the head - but - the head has around a 70% fluid content and so naturally the more freely the oxygen and nutrient rich blood can circulate, the better our; brain, sinus, eye and ear functions are going to be.

Neck pain is a common problem, not only because the neck is stiff, but also the circulation of blood, lymph and spinal fluid - as well as hormonal and neural signalling all become impaired.

The head is supported by the lower neck and upper back, and it is these areas that commonly cause neck pain and the blocking of fluid flow to the neck.

The lower joints in the neck and those of the upper back create a supportive structure for the head to sit on. If this support system is affected adversely as happens through our natural degenerative processes, then the muscles in the area will tighten, leading to neck pain, the restriction of circulation and the susceptibility to diseases of the head.

Neck pain and the resulting restriction in circulation which creates tooth decay can come from many other physical and [emotional health issues](#), so it makes good sense to put preventive measures in place. To this end the Russian scientist Nazarov observed a substantial increase in flexibility in the athletes he studied after the application of biomechanical treatments and biomechanical exercise - and it is these treatments you can experience in my workshops.

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BIOMECHANICAL THERAPY AND EXERCISING

Biomechanical treatments were developed by Russian cosmonauts for micro-gravity induced osteopenia and muscle degeneration in space programs.

For many years biomechanical training was primarily used by elite Soviet Bloc athletes to help increase:

- Strength and coordination of the musculoskeletal and nervous systems
- To increase the rate at which athletic injuries heal

Now however, biomechanical treatments are being used as a therapy by many practitioners for a variety of conditions from promoting better digestive function to helping boost circulation and joint repair.

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HOW BIOMECHANICS DEVELOP STRENGTH AND REHABILITATE MUSCLE, JOINTS AND BONE WITH MINIMAL EFFORT

Biomechanical muscle stimulation accelerates regeneration forces to go to work on the body during cross fibre therapy and exercising by forcing the abnormally long stretching of the muscle fibre.

These forces cause the muscles to lengthen out (a longer stroke allows them to consume more oxygen and fuel and increase performance - much the same as a high performance combustion engine - we also create exhaust gases and unburnt fuel byproducts that do not exhaust properly in "poorly tuned" people).

Through the subconscious contraction and relaxation of the muscles as occurs in artificial muscle stimulation, many more muscle fibers are used than in a conscious, voluntary movement where muscular relaxation is dependent upon an unstimulated opposing muscle for relaxation. This variation between unconscious and conscious muscular contraction is also obvious from the variations when monitoring the heart.

Other than the influence of the action on the muscles, oscillations also have a positive effect on bone mineral density throughout the bone matrix. This is because bone cell fluid flow travels in an oscillatory, or reversing pattern throughout the bone matrix. Oscillations in scientific research more than double the rate of bone growth. They stimulate remodeling of the bone tissue, activating the osteoblasts - or bone building cells. Whereas unidirectional flow such as through electrical stimulation of bone cell fluid flow, has been shown to cause malformation through not being able to coat the bone matrix evenly on the front and the back during bone cell proliferation.

Repeated stimulation of this system through biomechanical exercise, combined with the increased pull on the bones by the muscle growth, increases bone mineral density over time, so that for preventing falls and the bone fractures that they often result in, enhancing bone mineral density is a very important issue.

The Berlin Bedrest Study proved that 10 minutes of biomechanical training 6 times a week prevented muscle and bone loss in total bedrest over 55 days. This study was designed to improve our understanding of how bone tissue can be maintained in situations without normal loading - as in space or in retirement.

CLEANING THE TEETH - AND THE BRAIN WITH SILICA

My teeth are a mess asthetically, as you can imagine. But I have not had any toothache since stimulating proper lymph flow to the head - if an abscess does start to form, I'll simply improve circulation through the neck and over the spot where the inflammation is starting, through increased biomechanical stimulation - and two days later any gum pain is totally gone.

Silica is the cleansing mineral and the most natural mineral to use for tooth cleansing. It is available in gel form as Silicea and as a toothpaste with other additives from Silicea, USANA and other manufacturers and though I paid \$19 AUS for my last tube of USANA toothpaste more than two years ago, it is not empty yet.

Silicea gel as a tooth and brain cleansing agent, travels up into the brain in the same manner as mercury travels up into the brain - mercury makes up about 50% of the amalgam tooth filling and leaks up into the brain over time, through the mucous membrane. So that by brushing the mouth thoroughly with Silicea gel which also travels through the mucous membrane, we have a natural therapy for the various heavy metal deposits in the brain that block a lot of brain function - the cause of so many brain disorders such as memory loss, as well as hormone and nerve associated problems.

As far as the additional benefits of increased muscle power, [oxygen uptake](#) postural control and balance from biomechanical stimulation are concerned - I used to train six days a week as an elite athlete in rowing from 1965 until 1973 - This is the first time I have felt such deep muscle tiredness since then. Biomechanical exercising gets to the very deepest muscles which is brilliant for retired athletes, because getting those deeper muscles working again prevents back and sciatic pain and loss of range of motion, due to inadequate recovery strategies for those deeper muscles as well as helping with [fat loss](#). If getting a six pack would be a good resolution for the new year try [here](#).

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