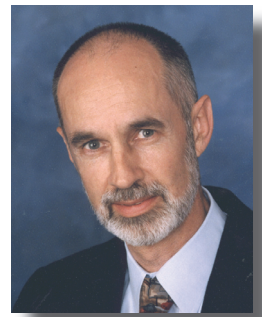




# THE Whole TOOTH



The Tooth, The Whole Tooth,  
and nothing but.... The Tooth (Summer 2010)



## Revolutionary Orthodontics - The K-Wire

For Dr. Laughlin and Dr. Pearson one of the most rewarding aspects of dentistry is their ability to positively affect the life of a child. At *Health Centered Dentistry*, treating children with orthopedic orthodontics has been shown to greatly improve their health and well-being, as well as create broad, beautiful smiles.

One of the orthodontic appliances routinely recommended at our office for youngsters between the ages of 3-8 is called the *K-wire*. The *K-wire* was originally developed by Dr. Robert Katsev in St. Louis MO, and was intended to correct crowding in the front teeth. But over the years, both Dr. Katsev and Dr. Laughlin have noticed dramatic improvements in the child's overall health as a result of the *K-wire* appliance therapy. The benefits vary widely and may include: improved nasal breathing, cessation of nighttime bed-wetting, reduction of ADHD-type behavior, increased learning abilities at school, reduction of nasal drip / allergy symptoms, fewer sleep disruptions, reduction of chronic ear infections, elimination of headaches, improvements in physical activities and dexterity, and (my personal favorite) reduction of dental anxiety. (Yay!)

The *K-wire* is a simple appliance, and consists of a single wire specifically designed to fit the patient. The *K-wire* is bonded

with composite (our tooth-colored filling material) to the front surfaces of the canines (eye-teeth). In most patients, the *K-wires* will attach to both the upper and lower arches. Then, by lightly expanding the loops of the *K-wire*, the appliance is activated. This activated *K-wire* exerts gentle forces on the child's bone and teeth, which encourages the growth of the upper and lower jaws. Another goal of this orthodontic treatment is to improve oral function, which includes swallow, speech, and breathing.



Amazing results can be achieved both for kids and adults!

comes to our office every 5-10 weeks for orthodontic progress visits. These visits are meant to monitor the progression of the jaw development, as well as to continually activate the appliances. After this 8-12 month period, Dr. Laughlin and Dr. Pearson re-evaluate the orthodontic treatment, and determine if anything else is needed at that time. In most cases when the patient has been treated with *K-wires*, the child

will require less-extensive (and less expensive!) orthodontic treatment in his/her teenage years. This is because the *K-wire* is serving to create more room in the jaws before the permanent teeth arrive, thus improving the likelihood that the permanent teeth will come in straight, and not crooked. But even more profound is the improved health of the child as a result of the *K-wire* treatment. Dr. Laughlin has found that enhancing oral function, developing the facial profile of the patient, and expanding the front of the jaws all work together to improve the overall health of the child.

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"I believe the combination of *K-wires* and composite build-up on molars is one of the most powerful and cost effective whole-person treatment techniques we offer at *Health Centered Dentistry*," says Dr. Laughlin.

Over a period of 8-12 months, the child

-by Madelyn Pearson DDS

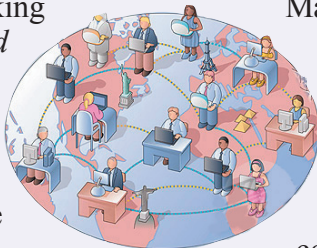


Though baby teeth are straight, adult teeth will come in crooked if there is not enough room to accommodate their larger size.

## Inspire Others With Your Digital Voice!

Write an on-line review and tell others what you think of us

Everyday we get calls asking "How is *Health Centered Dentistry* different?" and "What can you do to help me improve my health?" Yet, any answer we give cannot compare with the power of **YOUR** voice.



In the past, neighbors relied on each other's evaluation of products, services, and professionals. Now-a-days, **THE WORLD IS YOUR NEIGHBOR!** Can you take five minutes to give them your opinion? In this day and age many people are searching for answers to their health problems, and it helps them to read about other people's experiences. This helps them evaluate the information they are getting.

Maybe you have done this too.... Would you like to see a review of a doctor or any other therapist before you went into their office? Would that have helped you feel more comfortable about your

decision to see that therapist? If you feel like you have something positive to say about our office, we encourage you to exercise your digital voice and share your opinions with others. These websites are not related to us and offer you the option of leaving a review anonymously.

Follow these links/searches to review your experiences at **Health Centered Dentistry:**

All but "[www.greenpeople.org](http://www.greenpeople.org)" asks you to sign-in or create an account

[www.google.com](http://www.google.com) \*\*Search for "Health Centered Dentistry" then select "more information" and go to "Write a Review."\*\*

[www.yahoo.com](http://www.yahoo.com) \*\*Search for "Health Centered Dentistry, WI" select the link that says "local.yahoo.com"; then click "Write a Review."\*\*

[www.greenpeople.org](http://www.greenpeople.org) \*\*Click on Holistic Dentistry under "Wellness/Holistic," scroll down to Wisconsin and click on the "i" button, then "add your comment"\*

[www.wellness.com](http://www.wellness.com) \*\*Search "Health Centered Dentistry, WI"... or "Dr. Madelyn Pearson, WI" if you would prefer and click "Rate this Dentist"\*\*\*

# Words from a Healthcare Professional

Interview with **Jeanna Viramontes MPT, PRC:**  
~ Licensed Physical Therapist ~

## What inspired you to practice Postural Restoration physical therapy?

After graduating from PT school in 2002 and practicing for a year, I determined that the general physical therapy world was missing many pieces of the "human body puzzle." I began my search for a more effective approach. Additional coursework through the Postural Restoration Institute opened my eyes to a new way of looking at the body: as a whole system. After seven more years practicing this approach as well as working with Dr. Laughlin and other practitioners, I have added more pieces to the puzzle. The more I learn, the more I am inspired to continue to put the puzzle together.

## Please describe your therapy in layman's terms.

The human body is inherently asymmetrical. The therapy I do is geared toward restoring symmetrical movement between and right and left sides of the body. For instance, people generally have more tightness in the right side of the ribcage and neck, along with a forward pelvis on the left. Our ultimate goal is to restore symmetry so that the body can move air in and out effectively and achieve a state of "rest." Torque in the body alters breathing, creates muscle tension, and negatively affects the entire nervous system. Regardless of where symptoms are located, repositioning the pelvis, ribcage, and cranium can help reduce this torque and its effect on the muscles and nervous system. My clients and I work to achieve better movement and function by retraining muscles through specific exercises, hands-on techniques, and education. These activities empower my clients to heal themselves and ultimately decrease pain and improve function.

## What is most interesting result you have seen in your practice?

Some clients come to me with pelvic pain, urinary problems, and other pelvic health issues. Often, they need to retrain muscles in the head, neck, and jaw to restore proper movement and eliminate pain in the pelvis. Restoring proper position in one part of the body can affect a seemingly unrelated part of the body. Maintaining a good structural relationship between the head, ribcage and pelvis is essential to optimize function: walking, sleeping, breathing and even going to the bathroom. Sometimes they even need a good dentist to get better!

## How do you help your clients?

After a few visits, we can retrain muscles to restore the proper function of the body, eliminating pain and limitations that have brought them to see me.

## What lifestyle practices do your patients learn from you to live healthier lives?

Through manual therapy, muscle retraining, and education about the causes of their pain, my clients learn ways to improve work ability, basic activities of daily living, athletic performance, and more.

## What two things do you do every day to improve your health?

Brush my teeth and waterpick, of course!



**Jeanna Viramontes can be contacted at Reform Physical Therapy: (715) 441-9800**  
[www.reformphysicaltherapy.com](http://www.reformphysicaltherapy.com)

# Small Muscle, Huge Results.... The Internal Pterygoid Release

Many have experienced these and other positive effects: increased clarity of thought, reduction of headaches, improved gag reflex (increasing the comfort and ease of dental procedures), reduced jaw and neck pain, improved tongue and throat function, as well as enhanced (faster) response to orthopedic orthodontic and TMJ therapy. These are but SOME of the many positive effects resulting from the Internal Pterygoid Release.

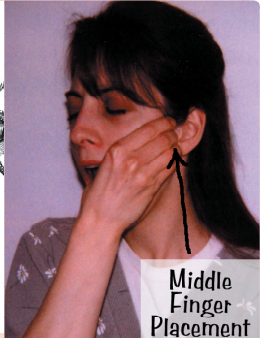
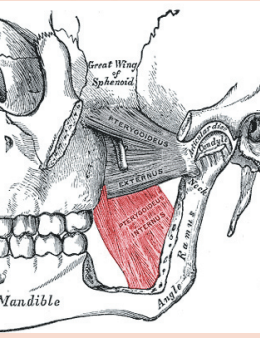
The internal pterygoid muscle is critical to the structure and function of your mouth. It is responsible for about 50% of the power needed to chew and is the main culprit when there is a clenching/grinding problem. When it is relaxed it can help maintain proper cranial function, but when

it is tense and stressed it can have bodywide negative effects. To do the Internal Pterygoid Release you begin by placing the pad of your right



thumb inside your mouth just behind and below your last upper left back tooth (As shown in the bottom left image). The rest of your hand should be positioned as seen in the right-side image above. Begin to massage the internal muscle slowly while opening and closing your mouth. It is not unusual to gag a little as you do this. Don't worry, just give yourself a moment and begin doing it again. For ideal results this exercise should be done 1-2 times per day.

If you would like in-depth, step by step instructions for this exercise you can either ask one of the HCD teammembers for a handout or visit this link at our website:



Middle Finger Placement

[www.healthcentereddentistry.com/PterRelease.PDF](http://www.healthcentereddentistry.com/PterRelease.PDF)

# Words from a Patient: Doug Piltingsrud

Growing up, my parents took us to the doctor only when it was absolutely needed. Later in life I continued the same practice, first out of a macho attitude then later from a knowledge base after becoming a chemist. Even when I was in graduate school, one professor in chemistry did a simple experiment looking at weight loss of mercury amalgams and stirred up some controversy. I thought it was a no brainer, a neurotoxin is a neurotoxin. So much for any future amalgams in my mouth.

Years passed, the vigor of youth subsided, and I began to study alternative approaches to health issues I was beginning to experience. I came to the conclusion that the medical establishment (that which insurance recognizes and pays for) is best used only for physical accidents like broken bones and such. I had had a complete physical and was told everything was fine, though my body was telling me different. I think we all know when something is not true, no matter who tells us differently or how many times they say it. I made many changes to diet and added quality supplements, all with the support of a number of alternative health practitioners, but some problems remained. I hadn't gone to a dentist in decades except for getting my teeth cleaned about every 4 years.

I knew I was pushing my luck and needed to find a dentist I felt I could trust. For me that meant a dentist that didn't use amalgams or fluoride products. A dentist that wouldn't use them if you asked them not to wasn't good enough; it's the mind set issue. I wanted someone who's intent was 'first do the patient no harm,' and had enough expertise to actually do so. That was my biggest issue, nice is nice but competence has no replacement.

When I heard Dr. Laughlin speak at the Pine Island Expo and looked at his literature, I knew his practice fit my requirements. No one else's had. I wasn't familiar with the phrase Holistic Dentistry, but soon learned it was more than I had expected. I received superb work on my cavities from Dr. Pearson. I was also evaluated, diagnosed and cured of sleep apnea. My snoring and irregular breathing stopped and I was more rested in the morning. Additionally, my need to get up at 2 am every night to eat, due to low blood sugar, changed with the increased oxygen levels. This was achieved by having my airway opened up using the OSB night-time appliance. Now that's Holistic Dentistry! I've enjoyed and appreciated the professional atmosphere of the *Health Centered Dentistry* office, but the level of expertise thrills me!!!!!!!



## Health Centered Dentistry's Contact Information



PH: (715) 426-7777  
FAX: (715) 426-7778

### Website:

[www.healthcentereddentistry.com](http://www.healthcentereddentistry.com)

### E-Mail:

[hcd@healthcentereddentistry.com](mailto:hcd@healthcentereddentistry.com)

### Current Address:

N7915 902nd St.  
River Falls, WI 54022

### Patient Hours:

Monday 8:30AM - 5:00PM  
Tuesday 8:30AM - 3:00PM  
Wednesday 8:30AM - 5:00PM  
Thursday 9:00AM - 5:00PM

### Non-Patient Hours:

Friday 8:30AM - 12:00PM