

An Introduction to Oral Systemic Balance

Health care, like every other endeavor represents an evolution of ideas. Methods of treatment are tested and retested, altered and improved, then questioned, altered and improved once more. However, at different levels of discovery a new truth will emerge that at last answers an important question.

The discovery of Dr. Farrand Robson of Tacoma, Washington, after more than 25 years of testing, has added to our understanding of vital function. He has revealed the connection between a compromised breathing tube, commonly referred to as the human throat, and the position of the tongue. The problem he has found, is the space for air passage is reduced by the tongue. The brain sees this as a threat and directs the body into survival mode. The brain then releases adrenalin into the bloodstream to stimulate the heart to pump harder and faster. In addition, it causes a postural change moving the head forward to make breathing easier. These two events have wide reaching effects on the entire body.

Snoring and obstructive sleep apnea are just two of the outcomes of a blocked breathing tube. There are many other diseases that arise. High blood pressure, diabetes, obesity, heart arrhythmias, chronic pain, memory loss, gastro-esophageal reflux, as well as many diseases of the body that are caused by pressure changes within blood vessels and organs. But the effects spread to behavioral changes as well. Oftentimes, these behavioral changes are thought to be psychological in nature, when in fact they are likely caused by choking and the biochemical changes that accompany this alteration in homeostasis.

Homeostasis, the balance of body systems, is the objective of Oral Systemic Balance. Through the utilization of finely tuned oral appliances, the tongue is made to shift in such a way that the blocked breathing tube, the throat, is given more room to admit air. This satisfies the brain's primary need and by accomplishing this major change, a shift in the body occurs and the body is now given the opportunity to move out of survival mode and into healing mode.

I encourage you to carefully consider this new approach. It is a concept easily understood and far reaching in its implications. This service can be provided only by those doctors with specialized training and equipment of which I am proud to say includes myself. There is only one laboratory in the country that is certified to make these appliances under the guidance of Dr. Robson and this laboratory can be utilized only by certified practitioners.

If you feel you have suffered long enough and would like to avail yourself of an opportunity to feel better and quite possibly reduce many of your medications, I would be happy to discuss this further with you.

Understand clearly, I do nothing more than balance the position of the tongue, non-surgically. Your body will do the rest. You will of course be monitored further by your physician and changes in your medication will take place under his or her guidance based on examination, blood testing, etc.

I look forward to helping you achieve a new or possibly a long forgotten feeling of vitality.

Joel A. Fischer, D.D.S.