



Steps to Restoring **Oral Health** **and Strong Teeth**

*A Practical
Guide*



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Five Steps Toward a Life Full of Smiles Good Oral Hygiene, Healthy Gums and Strong Teeth

This guide introduces the “Five Steps to Restoring Oral Health and Strong Teeth”. If you are reading this guide then you obviously have some problems with your teeth and want to find out why. Many people experience anxiety and disappointment with the dental care they have received up until now.

Why?

They believe that no matter how many dental procedures they undergo, they will never solve their dental problems and are unlikely to ever enjoy oral health, free of discomfort.

“I stopped going to dentists because I realized I was just spending money and creating more problems instead of getting to the cause of my discomfort...” This is what one of our new patients told me recently. Honestly, there is something to what she says. A dental treatment that is anything less than the most technologically advanced and professional can indeed be a waste of time and money.

In order to understand how to achieve effective oral health, it is imperative to understand one thing as we will explain in the following diagram:

What Does the Diagram Mean?

The small white circle is a part of the general dental system of treatment that is supposed to deliver comprehensive dental medicine to you. There are procedures in dental medicine that are not carried out often because the treatment is rushed or because a quick fix is more expedient. Dental care should be much more comprehensive than just dental treatment.



Why Does it Matter What It's Called?

Dental medicine is goal-oriented and treatments should lead to a long-term resolution of one's dental problem. Dental care procedures that are carried out singularly and not as an integral part of a more holistic approach may bring short term immediate relief of the discomfort but do not provide a solution that will last. The patient is liable to be swept up in an unending series of dental procedures that become increasingly complicated.

Many people find that their dental treatments are simply not working for them. My clinic receives calls every day from people who tell us about the procedures they've had over the years, but still their dental issues remain unsolved!!!

How is that Possible?

The biggest mistake that people make is thinking that relief will come when dental treatment is concentrated exclusively on the area giving them pain.

The purpose of this guide is to help you avoid this mistake, to bring an end to your dental problems using real dental medicine. Many people who have suffered just like you following a dental procedure, but a precise treatment plan, designed specifically to suit their dental needs as advocated by the "Five Steps to Restoring Oral Health and Strong Teeth", has dramatically improved their dental health and strengthened their teeth.

The five steps is a certified treatment planning system. The first letters of the five steps are AEFSB; Airways, Esthetics, Function, Structure and Biology. It was developed by Dr. Frank Spear, founder of the Spear Center for Innovative Dental Continuing Education in Scottsdale, Arizona. He introduced the system which is medically-based and exact. I studied these techniques and have the privilege of offering care to my patients based on this plan, as a proven and effective way of ensuring long-term relief from pain and discomfort.

THE FIVE STEPS TO RESTORING ORAL HEALTH AND STRONG TEETH



#1 – Evaluating the Functioning of the Upper Respiratory System

Breathing irregularities can greatly impact the teeth and therefore must be considered when deciding on an appropriate dental treatment. Breathing difficulties, narrow airways, sinus blockage and so on can greatly influence the level of acidity in the mouth, causing tooth erosion as well as receding gums and other problems.

Most people are unaware that they even have problems breathing at night, since it's something that occurs while we are unconscious. Therefore, even if you are uncertain whether this is relevant to you, it is worthwhile to get evaluated because it is entirely possible that breathing problems could be affecting the acidity levels in your mouth, causing you to grind your teeth, and exerting damaging force on your teeth for eight hours a day on average. This examination is critical especially for people who suffer from frequent dental discomfort.



#2 – Face and Jaw Bone Structure

It is important to check whether there is facial asymmetry which could be directly impacting your teeth. This is easily diagnosed during a dental examination. Before a dental exam, if you want to understand what may be occurring, there are a number of things to be learned from a self-examination of the symmetry of the face and jaws.

For example, right now you can look in a mirror and tell if the bridge of your nose is straight or if it curves slightly to the right or left. A curved bridge could indicate a deviated septum, which could be causing breathing abnormality during sleep. As we saw above, this could be having a significant impact on your teeth.



#3 – Functioning of the Jaw Hinge, Chewing Muscles and Movement of the Teeth

These three components act in concert and can have a direct impact on the condition of one's teeth. It is absolutely vital that any course of dental treatment considers these functions, because improper function can cause severe pain and damage to the teeth. Therefore, any procedure needs to diagnose these factors and take them into account.

It is possible that you are reading these guidelines and think they are irrelevant to your situation. However, if you are among those people who are frustrated because they don't understand why their teeth are still giving them discomfort, then it might be worthwhile to consider that you may be suffering because your jaw joints and chewing muscles are not working well together. If the jaw hinge is not working properly it can cause the muscles to exert a lot more force on your teeth and aggravate tooth pain, even leading to dental cracks and gum infections. This is also of particular relevance for anyone who has already had teeth extracted because of these issues or other complications.



#4 – Understanding the Structure of the Upper (Maxilla) and Lower (Mandible) Jaws

It is relevant to consider the link between the size and shape of your lower and upper dental arch, the spacing or crowding of your teeth, and the placement of the teeth relative to the entire palate and other structural elements. Many people mistakenly assume that how their teeth look is essentially a cosmetic issue, but the fact is that the shape and form of the upper and lower arches can also have a great impact on your teeth and gums.

When I ask people how many kilograms they are able to carry, most respond that they can carry between 10 to 70 kilograms. Did you know that the muscles of the jaw can exert between 150 to 1500 kilograms of force? Yes, you read that correctly. Now, think about how much force our teeth need to function on a daily basis. Just as a building constructed poorly will eventually collapse if it has to support too much weight, so too the infrastructure of our mouths can be damaged if the forces are not in balance.

If you have receding gums or loose teeth or erosion, or if a tooth or two have been extracted because they were cracked, it is possible that you have an imbalance in the structure of your mouth. It is worth assessing this and deciding what action to take to fix this problem, in order to ensure strong teeth and good dental health for years to come.



#5 – The Biological Functions of the Mouth

This section examines all the conditions of the mouth that have a biological impact: dental caries, the condition of the gums, plaque build-up, soft tissue health, your dental floor, the tongue, the soft and hard palate, and more.

There are many aspects of the biology of your mouth that require attention and that may have been overlooked in the past. For example, frequent gum inflammation, bleeding, receding gums or maybe even caries, may all be a result of a problem with your salivary glands.

It is difficult to carry out a self-examination but there is something you can do right now. I invite you to look deep inside your mouth – is it moist? Is the wetness clear or is it slightly foamy or even white in color? If it's clear and looks like water then there is probably nothing to worry about. But, if you see tiny foam-like bubbles, this could be the first indication that something is wrong with your salivary glands, and this could explain why you are suffering from any one of the dental problems mentioned above. Conventional dental care usually focuses only on two dimensions of the biological functioning of the mouth; dental caries and maybe the condition of the gums.

According to the Five Steps to Restoring Oral Health and Strong Teeth, the appropriate way to approach dental health should include:

- 1) Examining the airways.**
- 2) Checking the symmetry of the face and jaw bone structure.**
- 3) Examining the function of the jaw and chewing muscles.**
- 4) Checking the upper and lower dental structure.**
- 5) Examining biological vital signs.**

We could have provided more information about each of these parameters, but because we wanted to keep this guide short we can't include all of the information relevant to each step of the process. The most important thing for you to remember is these five guidelines and to know when visiting any dental clinic that these five elements should be included in any routine examination and treatment program.

The most common situation is that one undergoes a regular dental examination where one's teeth and gums are superficially looked at and then you are presented with a treatment plan. Based on our analysis, one can assess if that brief examination and subsequent treatment is likely to provide a satisfactory medical solution or only a topical treatment.

Why is this a Problem for Me?

In order to answer this, we have to take a longer term view. This is probably the kind of dental examination you have always had, followed by some kind of treatment. If this had resolved your issues – you wouldn't be researching the subject on the internet or taking the time to download and read this guide. Whatever the reason, it is clear that the dental care you have received up until now has been unsatisfactory. It may have been adequate for your neighbor/sister/parent or someone else, but for you it is not good enough!

"Five Steps to Restoring Oral Health and Dental Teeth" is the cornerstone strategy that supports vital holistic dental health. It's possible that other folks you know have dental mechanisms that don't give them any trouble, so that only once in a while, when they eat something problematic, do they need dental intervention.

Then there are those people who continuously suffer from dental pain, have very high sensitivity, and don't feel any discomfort, but their dentist diagnoses a problem on every visit. These are the people whose supporting dental and medical structure is not functioning properly, so a one-time treatment will not help them. Since the process of examination, diagnosis and treatment they will receive will be similar to that of every other patient, the link between their dental and medical issues will continue to be overlooked.

Want to Stop Missing the Point and End Your Suffering?

You need to remember the "Five Steps to Restoring Oral Health and Strong Teeth". Start by making sure you are going to a dental clinic that provides professional treatment solutions in line with these five guidelines.

When you undergo a dental examination, keep in mind whether the procedure includes these five crucial elements of dental care. When a diagnosis and treatment program are offered, be sure to ask the dentist the reason for the problem and how he/she intends to restore the function and stability of the dental mechanism that is supporting your teeth, as advocated in the "Five Steps" guidelines. This is the only way to know if the dental clinic you have chosen is right for you and your dental needs.

We offer a consultation to every new patient at our clinic in Jerusalem, during which the various treatment strategies and approaches are explained. This consult usually takes about an hour for the meeting and initial assessment and another hour for drawing up a plan, explaining and providing a personal consultation on a specialized course of treatment toward restoring dental health. I am sure that most dental clinics offer the same kinds of consultation, and it is worthwhile to locate a clinic that will provide this kind of service. The "Five Step Program to Restoring Oral Health and Dental Strength" has helped millions of people around the world to significantly improve their dental health.

Why am I Sharing this Information with You?

- I believe you have a right to know.
- You are entitled to the best, most focused dental treatment.
- You are entitled to a second option regarding implants.
- You are entitled to feel confident that the team of dental professionals treating you are doing their utmost to preserve your teeth.
- You are entitled to receive all the information regarding any dental procedure you may be considering.
- You are entitled to feel confident and safe during the course of your treatment.
- You are entitled to feel that the treatment planned for you is the most advanced available.
- You are entitled to know that the main consideration guiding the dental team is to benefit you.



[>> Join our Facebook group for a free online consultation and to ask about any and all oral and dental health issues.](#)

Please share this with people you care about who might appreciate this information about reliable dental healthcare.

We are here for you, always,

Dr. Sarit Avraham
and the **Jerusalem Clinic for Personalized Dental Health**