

## What is Proprioception and Why do we use a Light Pad Placement for It

Dr. A.C. Fonder has identified what he calls Dental Distress Syndrome. After years of research, Fonder determined that 'excessive dental distress routinely coexists with a pattern of chronic symptoms that are found throughout all systems of the body. He further determined that "These problems quite routinely normalize when the dental dysfunction is eliminated."

He found that "dysfunctional dental occlusion creates ill-effects throughout many distant areas of the united body" and he called these ill effects the Dental Distress Syndrome.

Some examples are:

- TMJ and poor mouth, teeth and gum health
- Ear Problems from infection to hearing loss
- Head and Neck Pain, back pain and leg pain
- Respiratory Issues from post nasal drip to asthma
- Eye and vision problems
- Skin and Hair (acne, rashes, dry skin, hair loss)
- Visceral Symptoms from Gas to kidney issues and bed wetting
- Gynecological Problems: PMS, Miscarriage, Cramps, Frigidity
- Energy loss, back aches, cold hands and feet, numbness
- Mental Symptoms: depression, irritation, worry, memory

More research determined that almost 50% of both sensory and motor aspects of the brain are devoted to the 'dental area'. Approximately half of the programming of the computer-brain that runs the body, comes from the dental system. Proprioception pad placement helps to correct dental issues and reestablish the brain/body connection.

When dental malocclusion causes mandibular dysfunction, it literally 'torques the thick inelastic membrane that envelops the brain as well as affecting the loose sheath around the spinal cord.'

This torquing cause "scoliosis, cervical hypo-lordosis (military neck) thoracic hyper kyphosis (hump back) excessive lumbar lordosis (sway back) rotation of the pelvis causing uneven leg length, uneven shoulder height. It also creates head tilt and mal-posturing of the cranial bones.

There are some 136 muscles involved. When they are allowed to "assume a more physiologically balanced relationship by the correcting of the malocclusion and improper vertical (free way space) the head immediately assumes an upright posture, the shoulders level off, the pelvic rotation ceases allowing the leg length to equalize and overall bodily posture dramatically normalizes. These changes are instantaneous and can be reversed by altering the occlusal support."

Changes begin to happen immediately upon physiologically balancing molar support, the goal of the proprioception protocol.

Blood flow to the head, hands, feet doubles and even quadruples. Chronic scalp and leg sores of many years duration heal in a matter of a couple of weeks. Psoriasis, asthma, constipation, PMS and numerous problems normalize quickly. It is believed that Dental Distress is the dominant stressor of the body.

Basically, Proprioception is about connecting the brain to the rest of the body, particularly the extremities. Messages are sent to the body and then back to the brain. When dental distress is relieved and circulation improved through better posture and alignment, the body can do its work of circulating nutrients, cleansing lymph, increasing blood flow, improving nerve transmission and immunity and more.

**How to implement the pad placement called “Proprioception.” Place a short, thin splint of wood (we use half popsicle sticks purchased at a craft store) between each set of back molars, allowing the splints to project forward out of the mouth toward each side, aligning the top and bottom teeth in front and keep them from touching. Keep the splints in place with gentle pressure from the molars; use the following three placements for 5 minutes each on Frequency setting 6.**

- 1. Place the eye mask over the eyes, place body pad under the chin and up each side of the head. Hold in place with hands or Velcro strap. Then place the local pad between the shoulder blades, up high on the spine, near the neck. Leave in place for 5 minutes.**
- 2. Keep eye mask over the eyes, move body pad to the chest under the chin and place local pad in either the right or left groin. 5 Minutes**
- 3. Keep eye mask over eyes, move body pad to small of the back, move local pad to the other groin. Again, leave for 5 minutes.**

Briefly, The Proprioception Protocol is important because it:

Alleviates the pressure and misalignment of the jaw and teeth

Helps to realign the body to improve blood flow and brain communication

Improves posture and head position

Improves circulation and lymph cleansing

Is related to every system malfunction

Reduces pain caused by increasing blood flow, cleansing and regenerating cells and inducing the production of nitric oxide

(including lower back pain, sciatica and lower extremity pain)

Using the Proprioception Protocol is essential for renewing all systems of the body, even when the particular health issues seem far removed from the mouth. Posture is the key to good health and ironically, good posture begins in the mouth.

The way I understand it is that this procedure keeps the front teeth in alignment and from touching the lower teeth in the front. There is a yoga technique that works. You place the tip of the tongue just behind the front teeth and keep it here so that the lower jaw drops down. However, most people are not able to maintain that and the sticks work better. If the sticks gag a person, we go to the yoga placement.

I am pretty astounded how well this protocol works to get people to heal faster. Also, if you remember, Wes said that sometimes the back molars don't touch on some people, so having them gently touching with the sticks stimulates some very important nerves in that area. Must say that I don't entirely understand it, but often when people have issues, they usually have a bad bite and lots of dental work. I was amazed at how much it influences our state of health.

We also have found that if we do this early in the day and mostly on direct skin, even 2 minutes on each placement works, so I keep my sticks close by in the a.m. and do a quick version of this. I encourage people to lie flat, allow the chin to drop down and relax and do not use a pillow under the head. They seem to grow several inches when they stand up! We have seen miracles with back pain relief after a while. Don't give up.

Hope this helps,