

From: Guildford-Woking Complementary Health (GWCH) ()
To: vollington@btinternet.com
Date: Friday, 5 February, 2010 20:50:41
Subject: Holistic Dentistry, how a healthy mouth matters to your overall health

You're receiving this email because of your relationship with GWCH. Please [confirm](#) your continued interest in receiving email from us.

You may [unsubscribe](#) if you no longer wish to receive our emails.

Holistic Dentistry

Do you have fillings?

Health issues could stem from what's in your teeth!

from the Guildford-Woking Complementary Health network (GWCH)

Newsletter 25

February 2010

In This Issue

Holistic Dentistry
 Cranio-Sacral Therapy for
 birth trauma
 BodyTalk in the Daily
 Telegraph
 Women's Health Fair
 Free Meditation
 Drumming - new venue
 Kinesiology Course

Quick Links

[GWCH website](#)
[Wellness at Work](#)

Contact Us

enquiries@gwch.org.uk

**Subscribe to Our
 Newsletter!**

Dear Vinciane,

My introduction this month will be short as [Robert's article on Holistic Dentistry is very comprehensive.](#)

As a Kinesiologist I frequently balance the muscles of the jaw, not only after dentistry work but for clicking jaws and the tension of life that some hold there. The jaw is the most complicated joint in the body and it takes a lot of brain power to compute its functions even when well; this increases substantially when the function is compromised.

Patricia Spence tells us how [Cranio-Sacral Therapy](#) can detect and resolve the blockages in the flow of energy in the body. Resolving birth trauma for mother and baby early in life will give health and happiness a chance.

[BodyTalk is featured in the Daily Telegraph](#), it is rumored to be the therapy of choice for Barack Obama. See our link below.

Finally come and say 'Hello' to us at the [Health Fair on Saturday 13th Feb in Woking.](#)

Best Wishes

[Florence Spencer](#)
 and all at [GWCH](#)

Holistic Dentistry

Have you noticed that there has been a significant rise in chronic disease in the population over the last 20-30 years? Why could this be happening? Certainly we are all aware of pollution, poor diet, chemicals in the environment, emotional stress, excess alcohol consumption, smoking and all the other commonly understood issues, however there is now overwhelming evidence to suggest that [our mouths may be hiding some major issues.](#)

The IAOMT (International Academy of Oral Medicine and Toxicology) certainly present some very sound scientifically based information to suggest that our mouths can be a major concern in our health.

Primarily, they have investigated **the issue of mercury** (all silver metal fillings contain a minimum of 50% mercury) in the mouth. This issue has been argued for over 80 years within the profession. However, a filling that is considered a biohazard before it goes into the mouth and a biohazard after it is removed from the mouth, cannot be an acceptable product in the human body. The professional establishment agrees that **mercury is released from silver metal fillings** (which sit only 2 inches from your brain) but says that the quantities are not significant enough to cause health problems. To read the whole research and make your own decision, go to www.iaomt.com. If, having investigated fully, you are convinced you no longer want mercury in your mouth, do be careful how it is removed. Mercury is released in large quantities when fillings are removed and so you must be appropriately protected when removing them. www.klinghardtneurobiology.com

Secondly, in the holistic dental world, we look at **the bite of the teeth** and how the enormous forces associated with it can influence the body. As you are aware, the process of birth is a physically traumatic experience for both mother and child. During the birth process the symmetry of the head can get distorted. Later in life extracting healthy teeth from a developing child changes their face shape and vertically squashes their head. As a result one side of our face is often different to the other, and for the majority of us this is a tolerable situation to which our body can adapt and therefore not have an obvious impact on our health. **However, some people cannot tolerate the adaptations required to accommodate these asymmetries** and so they develop disease states relative to these imbalances. Some of those diseased states can be related to obvious dental issues such as crooked teeth, clicking jaw joints and even temporal headaches. However, when one looks more deeply at these issues and resolves the bite problems, illnesses such as ME, CHRONIC FATIGUE, MIGRAINE, DEPRESSION, BOWEL UPSETS, BACK PAIN, NECK PAIN, FROZEN SHOULDERS, to name but a few have, in the experience of the author, been significantly improved if not eliminated completely.

www.jawache.co.uk or www.parkroaddental.com/testimonials.

Holistic Dentistry takes great care of its impact on the person as a whole. Be sure, as far as you can, that any dental treatment you undertake is ideal for you and your health.

The rule of thumb is that if all the traditional solutions do not satisfy your need to return to health, looking at the mouth as a source of your problems may be valuable.

[Robert Chatfield](#) has practiced dentistry for 28 years and as a holistic dentist for the last 22 years has been a part of some incredible changes in his own, his family's and his patients health.

Contact [Robert Chatfield](#)

01483 898 427 or 0208 977 9229
holisticrob@tiscali.co.uk

[Cranio-Sacral Therapy](#) for birth trauma

Treating birth trauma with Cranio-Sacral Therapy is the same as treating anything else. The most important thing is listening - "**listening with my hands to the movement of the body, to the movement of the energy**" says [Patricia Spence](#). In respect of handling birth or injury trauma the following is a brief sketch of how I might proceed. Of course, the specifics will depend on the circumstances.

With babies I would evaluate the whole system starting with the cranial sacral rhythm (which comes from the flow of cerebrospinal fluid). The way I work is to correct as I go. So **I would treat asymmetries in this system by inhibiting the area of greatest motion**. Once this is balanced and strong I would move on to, say, the spine/ dural tube. This is done by holding occiput and sacrum (top and bottom of the spine). At the same time I evaluate cranial plates, cranial base, cranial nerves with one hand, and the sacrum, sacroiliac's and hips with the other.

Checking the **sucking reflex is important for feeding**. I check the strength of the suck, the integrity of the hard and soft palate and the vomer. I check the respiratory and thoracic diaphragms, shoulders and neck muscles. I also evaluate the TMJ,(jaw) mandible and face. **Presentation at birth will have a huge impact on the structure of baby** and needs to be taken into account.

I would ensure the baby's energy vectors and chakras are flowing, whilst all the time being aware of the emotional bond between mother and baby.

Checking a baby early in life can be hugely beneficial to their health; physically, mentally and emotionally --It is well worth it!

Contact Patricia Spence

01252 333 738 or 0793 0531588
admin@HandfulOfCherries.com

BodyTalk in the Daily Telegraph

The **Daily Telegraph** featured an article about BodyTalk on Saturday 23 January 2010. To read the article please click on the following link:

<http://www.telegraph.co.uk/health/alternativemedicine/7044474/BodyTalk-Could-a-new-therapy-be-the-answer-to-all-your-aches-and-pains.html>

BodyTalk will be represented at the following Health Fairs, log onto
<http://www.bodytalksurrey.co.uk/page9.htm>

... tap into good health with BodyTalk

Gudrun Wiedemann Certified BodyTalk Practitioner

www.bodytalksurrey.co.uk

01483 476 599 or 07948 735 475

Victoria Chiropractic Clinic, Sycamore House, Chobham Road, Woking GU21 4AA

Health Fair

Saturday February 13th, 10am-4pm.

H.G.Wells Suite: Woking

A number of GWCH members will be there.
come along for a chat, listen to a talk or try a taster session.
This is a great opportunity to get to know us face to face.

Free Meditation

We are back at the Quiet Centre at Surrey University for meditation on the following dates:
February 14 and March 14 2010 from 6.30pm till 8pm.
Everybody who has done the Natural Relaxation course or who has a genuine interest in meditation
is welcome. It is FREE of charge.

We will do some stretching and breathing to prepare the body for meditation.

Contact: joanna@naturelax.co.uk

www.naturelax.co.uk

07867 803 871

[Joanna](#)

Drumming at a New Venue

Shalford Village Hall

Kings Rd, Shalford, Guildford, GU4 8JU

Dates: Wednesdays 8.00 - 10.00pm:

February: 10th, 17th

March: 3rd, 10th, 17th, 24th

April: 21st, 28th

Contact [Julie Kingston](#)

www.drumheadlive.com

Kinesiology Foundation Course

A new 8 days course will be starting in April. This course is approved by the Association of Systematic Kinesiology. It is suitable for both practitioners and lay people without any previous experience. The course will cover:

What is kinesiology?
Muscle Testing
The 14 muscles that relate to the major organs of the body
Meridian Energy
Five Elements
Food Sensitivity Testing.
A myriad of techniques to correcting weak muscles
Cross crawl for learning difficulties + more.

Run on a weekday 9.00am-4.30pm for 2 weeks each month for four months.

Cost £600

Contact [Florence Spencer](#) email: florence.ams@virign.net

February Self Help

I have not used toothpaste for a month now and my teeth have never felt cleaner.

I am using a toothbrush with a titanium dioxide rod that, together with water and light, breaks down the plaque around the teeth. Brushing alone has given my teeth this great feeling of cleanliness.

Find out more on <http://www.soladey.com/>

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to vollington@btinternet.com by florence.ams@virgin.net.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



GWCH | Wentworth Close | Ripley | GU23 6DB | null