

HealthBoss
University LIVE 6/11



HEALTH INDEPENDENCE
Training for
HOME HEALERS

RELEASE #6 (pp. 17-19)

**Dental Disorders -
Explained and Conquered**

Workshop — June 4, 2011

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Foreword

Dear Community!

Below you will find my hand-written Notes from **HealthBoss University LIVE 6/11** event that took place June 3-5, 2011 in Austin, TX.

These are the notes that I made for my own presentations, as well as the ones I took listening to other Practical Professors. **THEY WERE NEVER MEANT AS PUBLIC**, so do not expect any "academic" presentation 😊 And yet, they will give you a good "starting point", an overview of what was presented at the event, as well as the reference points and "memory joggers" in the future

(at least that's how I use them).

Why am I making them public now? There are several reasons.

1. The world is changing fast, along with every field of human experience – including Health Science (thank Goodness). And what is emerging on a horizon is a new system of Health Care based on **Self-Care**. We called it the **Home Healer** movement.

The new health care model is all about YOU declaring your **Health INDEPENDENCE** and taking responsibility for your own health, at the same time taking back CONTROL and POWER that you didn't have for quite some time.

Yes, sounds good, but how and where do you get enough **KNOWLEDGE** to become health independent? Where do you find enough health CONFIDENCE and COMPETENCE?

At the **HealthBoss University**, where else?! 😊

I am sharing with you my Notes to show that even the most complicated health topics can be made simple and fun, and that the health science does not necessarily have to be a "rocket science" or a "brain surgery" (actually, I hope you will never see what brain surgery actually looks like; you would be surprised...) 😊

Your body has a very intuitive and comprehensive design – and as soon as you understand how it works, it is easy to make sensible and confident choices in maintaining the "most valuable instrument that you will ever own"— your Body. I wish my Notes would help you do just that.

2. I think the information given at the HealthBoss LIVE 6/11 was **priceless** – and there are very little chances you can get most of it anywhere else.

Yes, we are making this information available on DVDs, but what if you cannot afford them? With my Notes, you will at least have some guidelines to follow, and some food for thoughts. I hope these thoughts will ignite your curiosity – and in the process of satisfying it you will have your own "AHA!" moments, which feel soooo good 😊

3. I also hope that my Notes will give you enough information and encouragement, and you will NOT feel like **Helpless Hopeless Worthless Victim** any longer when your health is concerned. As our Practical Professors will show, you really CAN reverse even the most debilitating disorders; you really CAN be Your Own Health Boss!

Home Healers, it's YOUR Time.

To Your Health Independence,

Dr. Irina

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- ⑤ Serena's "burn" protocol (used also for other acute injuries - cuts, fractures etc.)
 - ① Laser until pain is gone & there are baseline changes.
 - ② Every hour for 4 hours - 20' of lasering (1 hour → 20' - 1 hour → 20' etc.)
 - ③ Every 4 hours after that - 20' of lasering same manner - you do that until you see the skin again (usually 2 days)
- ⑥ Protocol for stomach problems (Serena demonstrates as per "In Skin" recipe book)

Day 2 Part 3. David Casain

Dental Disorders Explained & Cured

[damaged cell membrane → loss of \ominus → acidity → \oplus with laser → alkaline] Q-laser can change ecology of the mouth

- ① DDS = Dental Distress Syndrome closely connected. Teeth are "a part" of the nervous system & determine a big deal balance of sympath & parasymp. NS (ANS)
- front teeth = sympath. NS back teeth = parasymp. NS
- Ideally, front teeth should NOT! be touching (only used to rip food apart) = NO SMS stim.

Chewing on back teeth puts PNS to work, incl. stimulation of digestion through VAGUS nerve.

If back teeth 1) lack height or 2) right & left side have uneven height or 3) missing teeth → front teeth touch → SMS in overdrive → CHRONIC STRESS

"The worst stressor known to mankind" → DDS ↓ 6 feet under

Hans Selye

75% of Americans have DDS, in one form or another.

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DDS results in: = faulty proprioception

→ uneven posture

(ear, shoulder & hip will be higher on the side w/ lower teeth

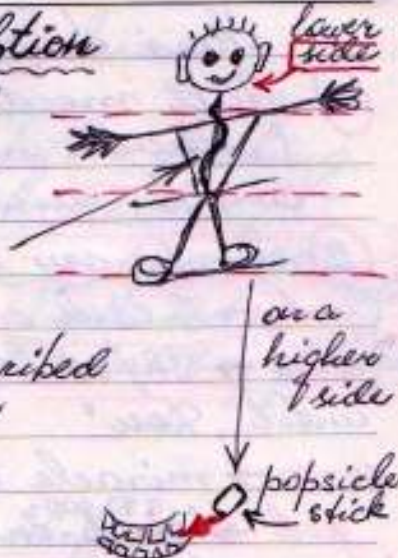
→ "turtle neck" etc.) - often scoliosis

→ symptoms of chronic stress

→ poor digestion

→ often TMJ

DDS first described by Dr. Fonder



How to self-check for DDS:

1) "popsicle stick" test:

check in a mirror your posture, esp. shoulder height, ears & hips. If uneven, put a popsicle stick piece between upper & lower molars on the high side & bite → look in a mirror again → if your posture now is more even → you have DDS

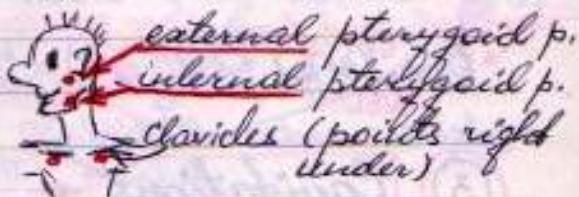
2) With your index fingers palpate:

→ external pterygoid muscle (inside mouth @ the end of upper molars)

→ internal pterygoid muscle

- palpate under angles of your lower jaw

→ points right under your clavicles.

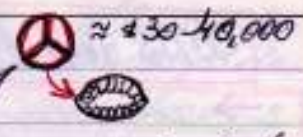


If any of these points are more tender on one side versus the other → you have DDS

3) Take a long piece of paper ~1 inch wide, put between your front teeth & bite on it close your teeth. Try to pull a piece of paper out. If it slides out - you are OK. If it is stuck between front teeth → you have DDS

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How to correct D.D.S.:



1) Full mouth reconstruction ("Mercedes in your mouth") - needs a good dentist, consider raising a vertical height as well

2) Temporary solutions (balancing D.D.S. effects):
 better at
 good → Q-laser on proprioceptive points (LUM)
 better → SR/CS (DOVE) on both sides of the neck until "flow" (middle of sternocleidomast.)



\$0-50 → miracle bi-tabs contact Fred Hart

good → "snap-on smile" + Q-laser + SCENAR

[Overall ~\$10k, but allows best ← At the moment this is your best you to do other things - with a gorgeous smile!!!] option, unless you go for full reconstruction

2) Gum disorders (gingivitis, periodontal disease)

- Serena's "oil swosh" protocol (detox)

→ "oil pull pull" with coconut oil - swoshing it in your mouth (a table spoon) for 3 min shining Q1000 on the mouth from outside (or using the DOVE) → spill → rinse with lemony water → spill out → brush teeth with NEW (each time!) toothbrush

coconut oil + lemon + Q1000 + DOVE/SR/CS = HEALTHY GUMS

4 days (max 8)

3) Cavitations ← The body CAN regrow a new bone (my osteomyelitis slides)

Can have "distant" effects in the body (ex: OA, due to a trapped pathogen in the bone seizures etc.)

Treatment: 1) surgery - "scraping" the bone & hoping it will heal right this time around

3-4 times/week → 2) Healing IUSION protocol:

808 (15-20 jules x 1 min) + 660 after + DOVE/other SR/CS on outside (sticky spots) (or inside w/ rectal probe)
 can be used inside the mouth (especially FPs) in sandwich bag

4) Root canal surgery prevention: (Tammy Garry's protocol) cycle each
 + 808 up the tooth
 + 11 - from a side
 + Q1000 (MIR3) - outside

I hope you enjoyed my Notes—and found something in them that may positively affect your life and the lives of your loved ones.

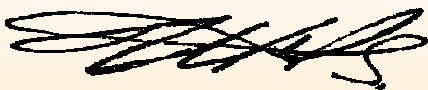
Please leave me your **FEEDBACK** on the blog at www.HomeHealerToday.com

I would REALLY like to know what you think.

Thank You for being a part of my Community of **Home Healers**.
Let's grow it together! :-)

To Your Health Independence,

Dr. Irina

A handwritten signature in black ink, appearing to be 'Dr. Irina', written in a cursive style.