

WALKER ORTHODONTICS

Sleep, Breathe,
Smile

Why **Airway Orthodontics** Is Crucial
for Your Child's Peak Performance



DR. JOHN WALKER

Introduction from Dr. John Walker

Dear Friend,

Thank you for your interest in Airway Orthodontics. Airway Orthodontists are different. We are looking at why kids have crooked teeth, not just at how we straighten them. There are enough adults walking around with crooked teeth who had braces and subsequently learned a difficult lesson: Orthodontists may be great at straightening teeth, but they don't do anything about why you had crooked teeth in the first place. As a result, you must wear a retainer for the rest of your life, or your teeth will move.

To put it simply, you have the muscles of the face pushing inwards and the tongue pushing outwards. When you come into the office with crooked teeth, you are in "balance." Then we place braces, Invisalign, etc., which "fools Mother Nature" and takes you out of balance.

Airway Orthodontics recognizes that crooked teeth, i.e., "malocclusion," in most cases is a result of poor oral habits. These habits develop in childhood as a survival mechanism to combat poor breathing. Most of these habits results in poor facial growth, so the jaws fail to grow sufficiently for the teeth. To correct this, we must address both the breathing obstruction and the oral habits that result from it. Some of these habits are present at birth, and many develop in the first few years of life.

These breathing disorders not only affect facial growth but have serious health consequences such as poor sleep, frequent sinus infections, high blood pressure, behavioral issues such as ADHD, and sleep apnea – to name just a few.

Congratulations! You have taken the first step to helping your child reach their potential. The choices you make for your child can improve their chances of experiencing unobstructed breathing, a good night's sleep, healthy development, a better life, and certainly a happier one.

To Your Child's Health,

Dr. John Walker

P.S. If you would like to know more about Airway Orthodontics after reading this report, I invite you to take advantage of your completely free, no-obligation Walker Orthodontics Smile Assessment. Call 978.345.7988 to learn more!



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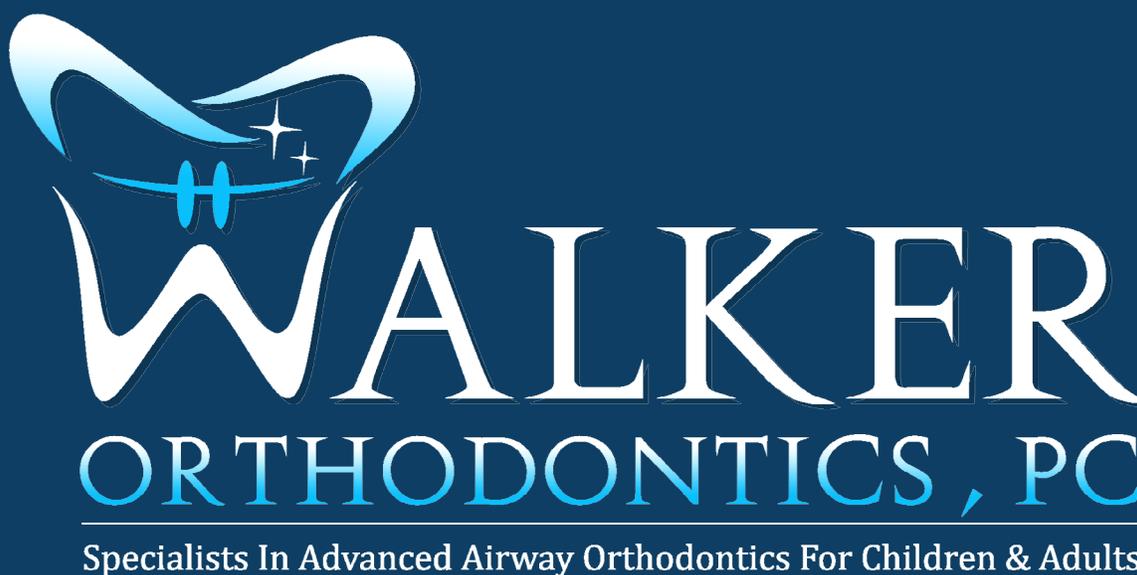
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#1

The Way a Child Breathes Can Determine How Their Face Grows

Breath is life. It's such a natural part of life that most people don't even think about it. For instance, do you know whether your child breathes through their nose or their mouth? Most parents don't know the answer, nor do they have any idea of the many health consequences mouth breathing can have on a child's life.

Mouth breathing can affect your child's immune system, their posture, their ability to pay attention, their mood, how well they sleep, and yes... even the way their face grows. Mouth breathing can change how your child's whole body develops, as well as the condition of their health for the rest of their life.

When the mouth is left open to breathe, the muscles in the cheeks become tight. These tight cheek muscles apply an external force to the upper and lower jaw, which creates a narrowing effect on the dental arches and the face. Also, the tongue, which is meant to naturally rest at the roof of the mouth, drops down into the floor of the mouth. This can cause the upper arch to become narrower (due to the lack of lateral pressure); consequently, the mid-face will not develop normally, because the tongue does not push this part of the face outward.



#2

The Way Your Child Breathes Can Determine How Healthy They Are

Several things go wrong with mouth breathing. Mouth breathers are shallow breathers and tend to hyperventilate. With less oxygen being delivered to the brain, muscles, and all the cells of the body, the body functions less than optimally. Sleep is often disturbed and of poor quality, leaving the mouth breather tired in the morning and feeling fatigued mid-afternoon.

As the mouth dries out, the pH of saliva drops, leading to increased tooth decay. This dryness and lack of air filtration through the nose results in enlarged and inflamed tonsils and adenoids, as well as an increased risk of upper respiratory tract infections, sinusitis, and earaches. Lower levels of carbon dioxide cause smooth muscle spasms associated with gastric reflux, asthma, and bed wetting.



#3

The Way a Child Breathes Can Determine How Well They Sleep

Sleep-disordered breathing is a condition that describes the entire spectrum of sleep breathing abnormalities, from mild breathing difficulties – caused by things like a stuffy nose – to more severe conditions like snoring and sleep apnea. Sleep-disordered breathing is very common in mouth breathers.

Sleep disordered breathing is an insidious inflammatory disease that affects every system of the body. It's associated with the biggest killers in the western world: high blood pressure, strokes, cancer, heart disease, Alzheimer's, diabetes, and even depression. When sleep breathing is disturbed, so is the essential repair work our bodies do each night to keep us happy, sharp, and disease free.



#4

The Way a Child Sleeps Can Determine How They Learn, Behave, and Perform Intellectually and Physically

We all know how much kids need sleep. Children, like adults, need to breathe well while asleep for their sleep to be restorative. Even more importantly, children need the deep restorative sleep that promotes optimal brain development. A child's brain can only develop to its maximum potential if the child is able to breathe well while sleeping.

Having difficulty breathing during sleep makes the brain think it's threatened. When the brain feels that the next breath may never come, it turns on all the body's survival instincts, the fight-or-flight response. There is a release of adrenaline, which causes the body's immune responses to run wild and create inflammation throughout the body.

For children, this state of alert for the brain and body – along with lack of oxygen and sleep fragmentation – can lead to symptoms of ADHD, learning disabilities, anxiety, depression, lack of social coping skills, and peer-related problems. They are suffering from sleep deprivation.



#5

What Signs Should You Look for with Your Child?

If you spot any of the following, you should speak with your child's pediatrician and also strongly consider visiting an orthodontist who specializes in Airway Orthodontics:

- Family history of sleep apnea
- Mouth breathing
- Snoring or heavy breathing when sleeping
- Night terrors
- Bed wetting
- Chronic runny nose or stuffy nose
- Chronic ear infections
- Sinusitis
- Dark circles or "allergic shiners"
- Restless sleep
- Hyperactive behavior
- Awakening feeling un-refreshed
- Falling asleep in school or when riding in the car
- Crooked teeth
- Dry mouth when awakening

There are many more signs than this, in fact. For more detailed information, visit www.DrWalkerOrtho.com or call Walker Orthodontics at 978.345.7988.



#6

Airway Orthodontics Can Drastically Improve Your Child's Life in Many Ways

Airway Orthodontics can change and enhance the way your child breathes, grows, and sleeps, helping them to be a healthy, happy Peak Performer in academics, sports, and social skills. Oh yes, they can also have a much more attractive and pleasing appearance!

The secret to success is seeing children early.

Conventional orthodontics recommended that a child first see an orthodontist at age 7 but wait until age 12 to treat. That is too late! 60% of facial growth takes place during the first 4 years of life and 90% is complete by age 12! Research is showing that some of the neurological and physical effects of poor breathing are not reversible.

When it comes to Airway Orthodontics, we want to see kids when the first tooth breaks through the gum tissue. This way, we can help correct poor habits and help direct facial growth. We are finding with motivated patients and parents that very few if any braces are needed when all the teeth come in.

Better Faces...Fewer Braces!



Closing Letter from Dr. John Walker

Dear Friend,

Airway Orthodontics is not about teeth. It is about helping the jaws and face grow to their full genetic potential and allowing airway spaces to open to full size. It's about starting treatment when you discover poor oral habits and addressing the habits, not the teeth.

We need to stop turning to medication as the automatic solution for kids. Instead, we need to look at WHY kids are getting sick, growing poorly, sleeping poorly, and performing poorly. When I give lectures across the US and internationally to dentists and dental students, I tell them that the dentist of the future must become an "Oral Physician," not just a Tooth Doctor, because so many things we see in the mouth are symptoms of greater problems with the body.

As a parent, I know you want more than anything for your child to be happy and successful Peak Performers (whatever that might mean for them) in whatever areas they might choose. It takes a team to make that possible: parents, grandparents, great teachers, mentors, and coaches.

Here is the formula for young and old:

1. Breathe gently through the nose
2. Keep lips together when not talking or eating
3. Keep the tongue on the palate at rest
4. Swallow without using facial muscles with tongue on the roof of the mouth
5. Good Posture (sit and stand straight)
6. Eat to nourish (eliminate processed foods and sugar)
7. Good rejuvenating sleep

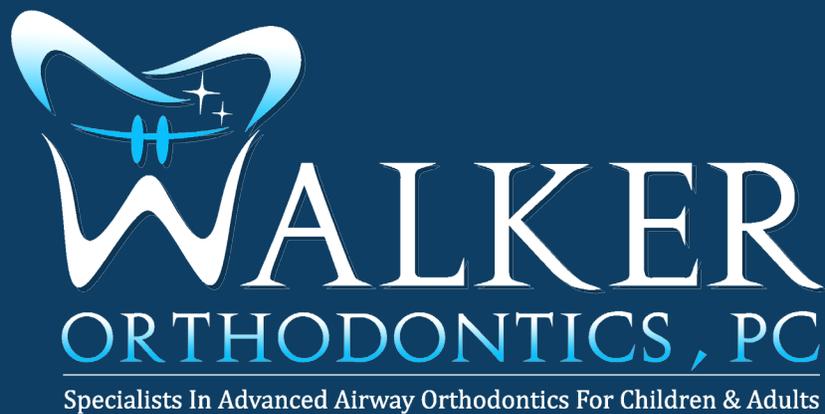
There are no pills, no shots, no surgeries, no compliance-free appliances, and no shortcuts. Breath right. Eat right. Sleep right. Be right.

To Your Health,

Dr. John Walker

P.S. If you would like to know more about Airway Orthodontics after reading this report, call Walker Orthodontics at 978.345.7988 and request a completely free Walker Orthodontics Smile Assessment for your child.





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