

Is Your Mouth Choking Your Health?

Free Your Teeth, Heart, and Brain from Turning Bluer

by Felix Liao, DDS, MAGD, ABGD, MIABDM

“Oral diseases and disorders in and of themselves affects health and well-being throughout life.”
US Surgeon General’s Report 2000

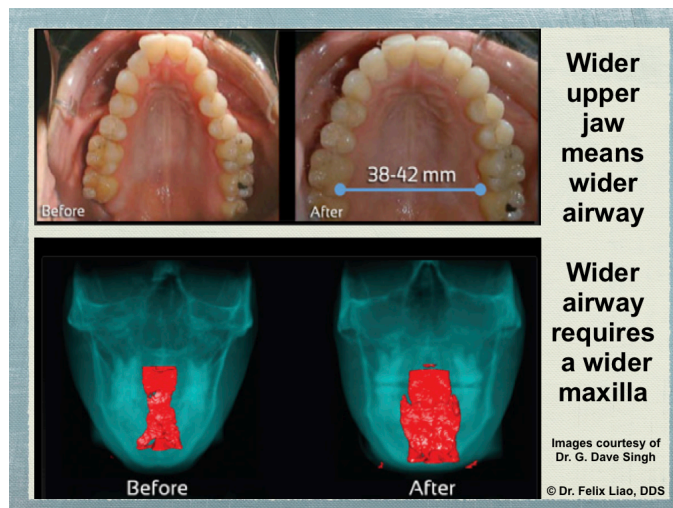
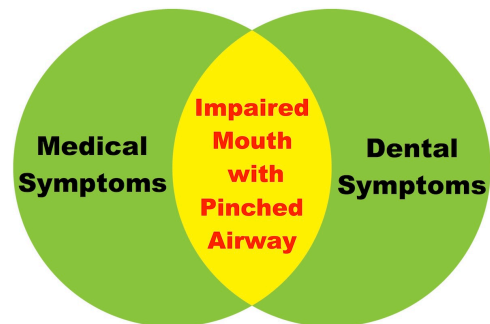
Are you suffering from one dental trouble after another? Would you like a natural glow on your face, high energy, great sleep, vibrant health, strong teeth, aging well, and low healthcare cost?

Here’s one secret you may not have heard of: a structurally impaired mouth can choke your overall health.

Conversely, a structurally sound mouth is a natural solution for a host of medical, dental, and mood symptoms.

How do you know if you have a structurally sound mouth? That’s why you need a mouth doctor. A healthy mouth is much more than healthy teeth. Dental schools train dentists to be good tooth doctors. What if you have jaw clicking/popping, snoring, mouth breathing, sleep apnea, teeth grinding, aches and pains in your head-jaws-neck-shoulders?

The mouth is the gateway into the body, and a major health driver. Most people know that eating healthy is key to staying healthy. But what happens when your mouth is structurally deficient and/or misaligned, i.e. structurally impaired?



Airway-centered Mouth Doctor: A New Breed

An Airway-centered Mouth Doctor™ (AMD) is a dentist with additional training to evaluate your mouth structure in relation to your total health. An AMD has the necessary knowledge and skills to redevelop a structurally impaired mouth using a painless oral sleep appliance (mouth piece) to help:

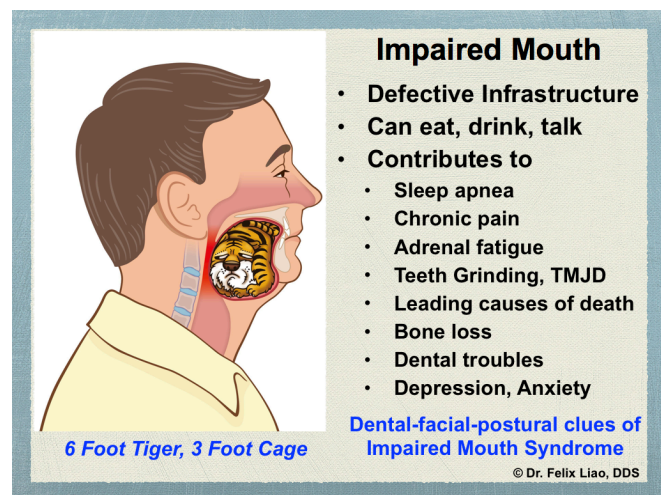
- A. Redevelop deficient jaws and choked airway for better sleep and total health
- B. Reduce/Eliminate pain and fatigue by aligning head-jaws-spine
- C. Achieve breakthrough results by finding and fixing a structurally impaired mouth.

An Airway-centered Mouth Doctor™ can free your body from the tyranny of poor sleep from weak jaws, bad bite, choked airway, and medical-dental-mental and financial consequences stemming from a structurally impaired mouth. To find an AMD in your community, go to HolisticMouthSolutions.com. [Read more.](#)

Impaired Mouth Syndrome

An Impaired Mouth can eat, drink, talk, smile, but it harms whole body health by interfering with ABCDES: alignment, breathing, circulation, digestion, energy, and sleep.

Impaired Mouth Syndrome is a collection of medical, dental, and mood symptoms that often has big financial consequences, as listed in my book [6-Foot Tiger 3-Foot Cage](#).



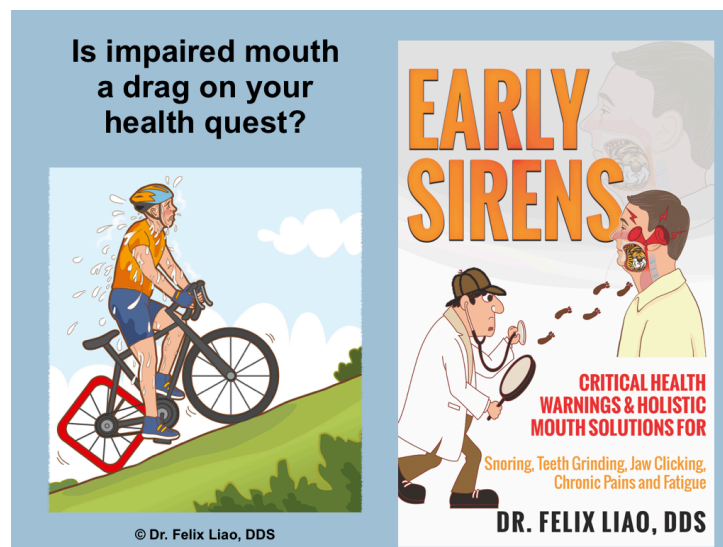
Good form means good function, so poor infrastructure means poorer health. The mouth is strategically located above the digestive tract, below the brain case and atop the spine. Mouth-to-mouth resuscitation must first free the tongue from the throat. So does a good night's sleep.

Your body pays a heavy price for living with an impaired mouth and sleeping with a choked airway: recurring pains and fatigue, premature aging, and oxygen deficiency that can kill teeth, heart, brain and life quality alike.

Big as the mouth is to total health, do you have a mouth doctor? Many patients live with seemingly diverse symptoms without know they have Impaired Mouth Syndrome.

Why Mouth Doctor? The mouth is much more than teeth. These patients needed a mouth doctor long ago:

- RK's key issues: "Anxiety most of my life. Ongoing dental sensitivity and bone loss under my teeth give me more anxiety. My dentists have not been helpful."
- KM's symptoms, "I have (A) low back pain after extraction of failed root-canaled tooth, (B) swelling persisting under jaw months after said extraction, (C) pain in my right neck, shoulder and arm, and (D) uneven gait creeping up on me over the years."
- NR's complaints: "Nobody has been able to help me with (1) 10+ years of chronic fatigue 'sometimes non-functional', (2) jaw pain neck, back, and knees x 10 years, (3) poor vision with lots of floaters, (4) "terrible sleep" waking up with jaw aches in morning, (5) sleep interrupted 2-5 times each night, (6) "everyday is a real struggle from feeling winded and fatigued", (7) TMJ since age 16.
- YC's wish list for solutions to: "(1) CPAP mask dependence, (2) reliance on anxiety medication, (2) cannot lose the 15 pounds overweight, (4) rosacea, (5) pain in low back, neck, and head, (6) daytime sleepiness averaging 5 days a week, (7) 'fatigue always', (8) 3 episodes of choked airway while eating needing Heimlich maneuver in 3 years, (9) 'I now need to drink to wash down my food.'"



By connecting a few dots, we can see that a structurally Impaired Mouth is the culprit:

- The jaws are too small when teeth are crowded, and when teeth are extracted for braces.
- The space between the jaws is the home-office of the tongue. What happens when the tongue's office space is too small?
- What happens to sleep, energy, and medical-dental health when the tongue is forced into the throat? Chronic oxygen deficiency means premature degeneration. It's time to put a structurally sound mouth back in healthcare.

It's smart to find a mouth doctor before further degeneration and premature aging.

Leading Causes of Death: Rooted in A Structurally Impaired Mouth


Obstructive Sleep Apnea (OSA) is a medical diagnosis based on a sleep test score, and its treatment is a CPAP (continuous positive airway pressure) mask. Apnea means absence of breathing for 10 seconds or longer, and the obstruction is rooted in the choked airway inside an structurally impaired mouth.

**Obstructive
Sleep Apnea (OSA)
Symptoms:**

- * HBP in 40-60% OSA cases
- * CVD, stroke, sudden death
- * Diabetes, obesity
- * GERD: acid reflux
- * Lower immunity
- * Depression, anxiety
- * Brain fog, senile memory
- * Accelerated aging
- * Chronic pain and fatigue
- * Daytime sleepiness + accidents

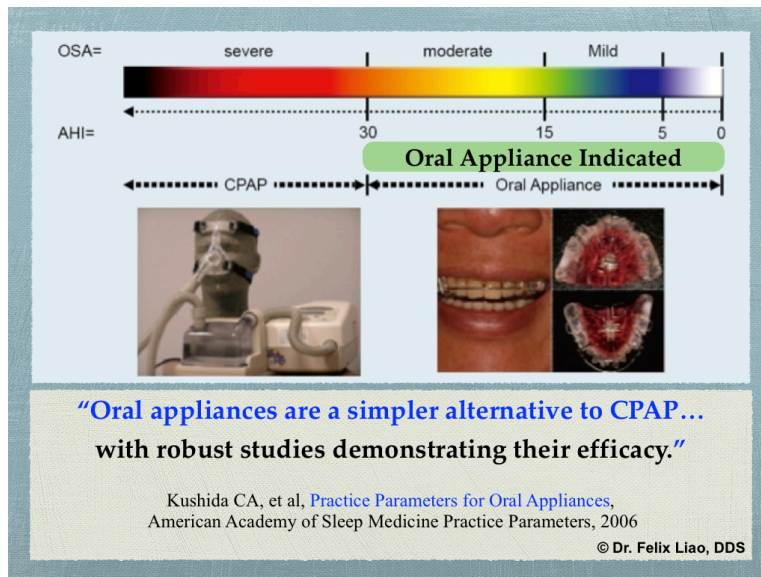
Liao: add teeth grinding to this list

Dement, *JAMA* 1993;269(12):1548-1550.
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50% of high blood pressure, 30% of heart attacks, 60% of strokes, and 25 % of heart failures have OSA as an underlying problem, reported a 2003 study in Journal of American College of Cardiology. American Academy of Sleep Medicine states in 2006, "Oral Appliances are a simpler alternative to CPAP... with robust studies demonstrating their efficacy."

An Airway-centered Mouth Doctor can treat mild-moderate cases of OSA and CPAP intolerance without surgery or medication.



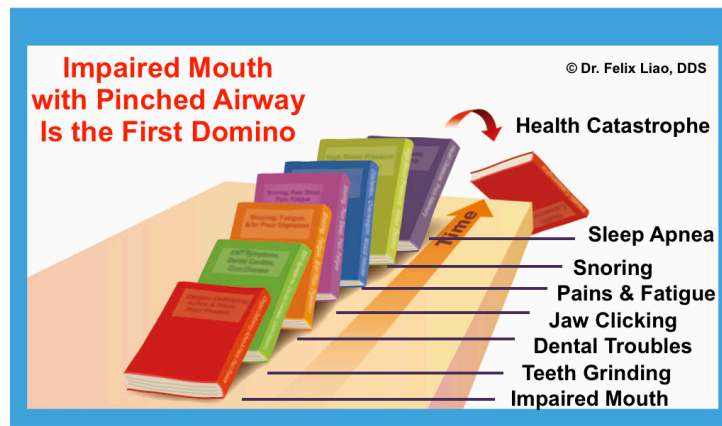
Choked airway inside an Impaired Mouth also contributes to America’s leading causes of death, in addition to fats, salt, sugar in Americans’ highly processed diet, in this author’s opinion.



No departmental lines exist inside the body, just one rule: airway dictates, and all else accommodates. This common sense been missing in American healthcare. What will be YOUR cause of death? What else can you do besides eating better? [Read More](#)

Breakthrough Outcome from WholeHealth Thinking

The hip bone is connected to the thigh bone, as do the jaw bones to skull and spine. WholeHealth is a common sense model that (A) sees all parts of the body are connected and all systems seamlessly coordinated, and (B) delivers the care of health accordingly.



In WholeHealth, teeth grinding is one frame in a movie called airway obstruction during sleep. Snoring, jaw clicking, chronic pain and fatigue, one dental trouble after another can be leading indicators of bigger health troubles ahead, as described in [Early Sirens](#).

These symptoms are “footprints” at a crime scene that invariably leads to an impaired mouth with a pinched airway as the First Domino.

Why do so many children grow up with bunched-up teeth needing braces? Why do so many adults end up with sleep apnea and Alzheimer’s disease nowadays? Why are heart disease and cancer still leading killers despite all the “wars” declared and money thrown?

Teeth Grinders Often Suffer:

- ◆ Bladder urgency
- ◆ Morning headaches
- ◆ Daytime sleepiness
- ◆ Aches and pains
- ◆ Brain fog, poor memory
- ◆ Depression, fatigue
- ◆ High blood pressure
- ◆ Sensitive teeth w/o cavity

Teeth grinders have both dental + medical symptoms
An Airway-centered Mouth Doctor™ can intervene early

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Impaired Mouth Syndrome has been missing on the radars of doctors, dentists, and insurers and employers. What can you do before they wake up?

Holistic Mouth: A Natural Solution for Impaired Mouth Syndrome

A good night's sleep can heal many health troubles — as long as your airway is not choked. A Holistic Mouth is structurally fit to support airway and sleep.

DNA appliance is an essential part of an individualized WholeHealth wellness program to turn your impaired mouth into a holistic mouth, and to restart your total health starting with good sleep and oxygen for your heart, brain, and teeth. The process is as simple:

- A. Make an appointment for an initial evaluation to connect your symptoms with a new mix of WholeHealth solutions.
- B. A custom-designed DNA appliance is designed and fitted by your Mouth Doctor using data from baseline records including a 3D CT scan, photos, and dental models.
- C. You will wear this DNA appliance 14 hours a day, including hours of sleep, and wake up feeling better and better over time — painlessly, predictably, regardless of age.
- D. Your Mouth Doctor will work with like-minded doctors and therapists to help your body run more efficiently and effectively — with your cooperation, of course.



An Airway-centered Mouth Doctor™ (AMD) is trained to deliver Holistic Mouth as a natural solution for many symptoms of Impaired Mouth Syndrome.

The best time to fix the roof is while the sun is shining. The best time to align the whole body is during dental makeover. The best time to head off sleep apnea and dental wear and tear is to see a dentist who is also trained as an AMD™ every 6 months.

Take Charge of Your Health by Taking Charge of Your Mouth

Find and treat that Impaired Mouth, and sleep, energy, blood pressure, and mood all improve, as shown in [6-Foot Tiger 3-Foot Cage](#) and [Early Sirens](#). “Good oral hygiene is essential, but no amount of brushing and flossing will fix the symptoms of Impaired Mouth Syndrome”, says Dr. John Park Trowbridge, MD, author of *Sick and Tired?*.

Here’s how to take charge of your health from the top:

1. [Check your Impaired Mouth Syndrome Score.](#)
2. [Request a referral](#) for a trained Airway-centered Mouth Doctor in your area
3. Request an online consultation with Dr. Liao: call 703-385-6425..

About Dr. Felix Liao, DDS, MAGD, ABGD, MIABDM

Dr. Felix Liao is a thought-leader in oral contributions to chronic illness and natural wellness. He holds a mastership in both the Academy of General Dentistry and International Academy of Biological Dentistry & Medicine (IABDM). He is a past president of IABDM, and a best-selling author of two groundbreaking books, [Six-Foot Tiger, Three-Foot Cage](#), and [Early Sirens](#). Dr. Liao’s mission is to bring Holistic Mouth as a natural solution to as many patients as possible through professional training for dentists to become [Airway-centered Mouth Doctors™](#) and healthcare professional to become [Holistic Mouth Consultants](#). Contact Dr. Liao [here](#).

