

Health Reflections



Jaws!*

How can a strong, wide jaw and a broad facial structure be assets to health? For starters, they enable their owner to breathe freely and to accommodate a full set of teeth – pretty important for staying alive and chewing food. They also provide a resonant instrument for the singing and spoken voice: look out for videos of esteemed artists such as Joan Sutherland, Jessye Norman and Christa Ludwig.

Not everyone wants a career in opera, but we all need to breathe – and preferably to breathe well. If the jaw is narrow, breathing can become hindered by chronically stuffed snouts, infected sinuses and swollen adenoids. For infants, a compromised jaw might mean breastfeeding difficulties (think gulping and grunting baby) and later in life, problems like snoring and sleep apnoea.

In addition, some readers may well relate to the pain of impacted wisdom teeth or dental braces, and perhaps the emotional misery of having crooked teeth. But why should the jaw be such a familiar source of suffering these days?

In developed countries, narrow faces, narrow dental arches, receding chins and overcrowding of teeth seem to have become common. The Weston Price Foundation suggests that one impact on a historically wide jaw could be the mass intake of commercial packaged food, rather than meals made from scratch. They also suggest that in parallel with the availability of such food, jaw shape has altered *over the course of just a few generations*.

It is also understood from the work of holistic dentists and dedicated parents that the jaw structure may be reversed to the traditional healthy default *also in the space of a generation or two*. Anecdotal evidence from speakers such as Katie Wells and Sally Fallon is loud and clear, and

listening to any of their lectures or interviews should provide you with hope, inspiration and perhaps a subject for further research.

Aiming for Wide Facial Structures: It may seem nowadays like a long shot, but there's no harm in becoming familiar with the basic tenets of traditional cooking, as explained by neurologist Dr Campbell-McBride and dentist Steven Lin. The same viewpoint is supported at my *Little Stockpots* workshops where we learn hands-on about the significance of nourishing fats and delicious, nutrient-dense foods.

For pregnant women, I would recommend seeking a homeopath and cranial osteopath to help support the healthy development of your baby's skeletal structure in utero and after birth. Those who have worked with me during their pregnancies may recall a programme throughout gestation of tissue salts containing *Calc-fluor* – a constituent of healthy bones and teeth.

Lastly, if you have an older child or if you don't have children at all, be assured that a holistic attitude can be adopted whatever our age and dental history and stage in life. Health - including that of the jaw and teeth - is not about perfection, but it does involve the ability to respond appropriately to each individual's growing needs. Health is dynamic and benefits from a fine instrument through which to manifest.

So call the tune. The stage is yours.

* Also known as *dolly-zoom* or *trombone effect*, the makers of the film *Jaws* used the *contra-zoom* technique. This results in the viewer observing one subject in the forefront but concurrently aware of the bigger picture. And yes, I can hear homeopaths far and wide chiming in - "all in a day's work!"

THINK BEFORE YOU SPEAK ♥ READ BEFORE YOU THINK*

The Dental Diet, Steven Lin (Hay House, 2018);

How The Teeth Tell The Tale, Sandrine Perez (www.nourishingourchildren.org);

Podcast Episode 127: Using the Dental Diet to Reverse Dental Problems, Wells & Lin (www.wellnessmama.com);

Nutrition and Physical Degeneration, Weston Price (Price Pottenger Foundation, republished 2010 from the 1939 1st edition);

The Nourishing Traditions Book of Baby & Child Care, Sally Fallon Morell & Thomas S. Cowan (New Trends Publishing, 2013).

*Fran Lebowitz - Social Studies

First Foods for Baby



Wisdom traditions the world over have held the nutritional needs of babies in high regard. Consequently egg yolks, liver, fish eggs, meat stocks and offal have often formed the basis of traditional weaning menus. In a quest for health, many modern parents are returning to some of these practices.

Some of those parents have attended my clinic, and many have had their eyes opened by reading Sally Fallon's *Nourishing Traditions* and by Dr. Natasha Campbell-McBride's *Gut and Psychology Syndrome*.

Dr Natasha's first recommended food for a G.A.P.S.TM baby is homemade meat or fish stock. To make a stock, simply take some meaty bones or fish frames or a raw chicken carcass and simmer for 2-3 hours in water. The resulting liquid is then cooled, strained and stored in the refrigerator.

When reheated gently in a pan, stock provides a nourishing warm drink, acting as building blocks for cell growth and a soothing agent for the nervous system. Stock also provides the basis for baby-friendly and family-friendly soups; simply add some vegetables such as carrots, cauliflower, onion and ginger, then simmer and blend for a warming soup. For yourself, season well and top with feel-good sauerkraut and a swirl of sour cream for zing.

For toddlers, you may want to research and consider adding a pinch of good quality salt to the stock pan, despite mainstream advice to avoid salt. In the *Nourishing Traditions Book of Baby and Child Care*, Morell & Cowan report that amongst other benefits, proper salt "plays a critical role in your child's neurological development." Hopefully it goes without saying that they are referring to real unrefined salt and not table salt (which may be cheaper but is stripped of health-enhancing minerals).

Is your stock simmering yet? Why not add a beef heart and marrow bone to the mix, for added flavour and nutrient-density? Yes, it may sound like an archaic suggestion but as dentist Steven Lin explains - "One of the amazing things about traditional diets around the world is that, generally, they were meticulously focused on providing adequate amounts of vitamins A, D, and K2 even before we had names for these nutrients." These vitamins support the special immune system within our teeth, and without these vitamins, it seems that no amount of surface brushing will override tooth decay.

So what's on your menu tonight? Whatever it is, savour the moment and go well.



IN THE TEETH OF TROUBLE...

HOMEOPATHY DURING DENTITION

Match your teething baby to a remedy description and give one pillule every 20 – 30 minutes. If no better after 3 doses, change remedy, but if improvement is observed, watch and wait.



Chamomilla 30c Choose this for a peevish child who is impossible to please. One cheek might be red and the other pale, with sweaty scalp, thirst and a tendency towards green diarrhoea. The child exhibits a foul mood with contradictory demands.

Belladonna 30c Think Belladonna if dentition is accompanied by a fever, red cheeks, dilated pupils, right-sided earache, increased salivation or dry skin. Pain may even lead to kicking, screaming and biting. Gums will be bright red and hot, yet no signs of thirst. Despite general heat, hands and feet might be cold.

Pulsatilla 30c To be considered if a sweet child is struggling emotionally but easily comforted by rocking and cuddling. As well as clinginess, watch out for changeability: in mood, or in nature of stool, or in the location of concomitant symptoms. Thirst is usually absent in Pulsatilla, and the child feels much better in fresh air.

Calc phos 30c For the anaemic-looking, flabby child who wants to breastfeed constantly when cutting teeth. There might be flatulence and slimy green diarrhoea, peevishness and coldness of hands and feet.

If none of the above remedies match, consider contacting the Homeopathic Helpline (09065 343 404), your own family homeopath or another qualified healthcare provider. Depending on country and legislations, there are many more remedies such as Rheum and Borax that may be considered. Always seek professional advice in cases of serious illness.

Settle down with some chamomile tea and a good story

Throw Your Tooth on the Roof. Selby Beeler & G. Brian Karas. (HMC, 1998);

Teeth Are Not for Biting, Elizabeth Verdick & Marieka Heinlen. (Free Spirit Publishing, 2003);

Bea gives up her Dummy, Jenny Album & Claire Keay. (Little Boo Publishing, 2013).

Each Health Reflections article and blog has been written for those who wish to learn about the true meaning of health, who desire to think broadly and who are ready to take responsibility for their own personal choices. All information shared is of educational nature and should not replace medical advice. No guarantees are made regarding accuracy or completeness of content, or its applicability to any condition or personal circumstance. If you choose to implement any of the ideas or principles described, you are taking full responsibility for your actions. In times of illness, seek professional healthcare.

AUDE SAPERE – MENTRA WYBOD – DARE TO GET IT

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