Developing The face and the Airway

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The Homeoblock Philosophy

21\textsuperscript{st} Century faces and airways are underdeveloped.

Development is based on breathing, swallowing and chewing.
Polluted air, lack of breast feeding and soft refined diets contribute to facial and airway underdevelopment.
The Face and the Airway are Connected

First the brain, the cranium and the basicranium (inferior region of the skull) develop in the womb. Next the face and the pharyngeal airway develop at the same time.
The Airway Function in a Real Sense, as a Keystone of the Face

Enlow, D.H.
Our Faces Do Not Reach Their Full Potential For Growth

We retain a 10% facial growth potential as adults

Behrents, R.G.
Weston Price a dentist of the 1950’s noted the great discrepancy in facial development between “civilized” and primitive cultures.
Identical Twin Sisters Separated at Birth
Each with a Different Environment and Diet
Weston Price Noted We are What We Eat.
Current Research Teaches us We are How We Eat
Study of Hyrax Monkeys
Lieberman et al., 2004
Two groups of growing animals ate a diet of apples, carrots, sweet potatoes, Kale, rabbit chow.
One group the food was lightly microwaved the other slightly desiccated.
Microwaved group; magnitude of strains in chewing was half as much.
The group that was fed microwaved food had about 10% less growth in many dimensions of the lower portion of the face.
Our modern diet, which a full of sugar and soft refined foods, contributes to our underdeveloped twenty-first century faces.
Neolithic man 10,000 BC vs Modern Man
These differences in bone development are directly related to the force of chewing.
The consistency of the food consumed by Neolithic man was that of beef jerky.
Forces of chewing in the second bicuspids and first molar regions
Rotational Force
Shearing force
All these forces on bone produce changes in the bone. This is known as “Mechanotransduction”
Let us view the changes in the face and the airway that we can generate by altering breathing swallowing and chewing with an intraoral night-time only dental appliance
The Homeoblock™
We Can Change the Bone Around the Eyes
Improve The Lips and the Mouth by Increasing the Size of the Upper Jaw
Wider and more pronounced cheek bones
Improve Facial Symmetry
Reduce Lines and Wrinkles
Most Importantly The Airway Can Be Improved
Improved Facial Symmetry and Improved Airway Symmetry
What we can do for the airway
Before Treatment
After Treatment
Before and After Using Virtual Endoscopy
Before and After Nasal airway
Before and After Nasal airway
Improved Head Airway and Head Position
Improved Airway Before and After Treatment
Occlusal Balance and Harmony
The following slides demonstrate the changes to the back and base of the tongue for a series of patients treated with appliance therapy. The changes are indicated in red.
How Do We Get the Improvements to the Airway?

• Contraction of the genioglossus muscle.
• Creating more room for the tongue
• Through light force signaling to the teeth and the periodontal ligament which stimulates growth and development through hormonal response which widens the jaw and improves the airflow
• By improving facial symmetry which enhances autonomic nervous system tone and balance and reduces inflammation
What can we achieve with appliance therapy?

1. Higher wider cheekbones.
2. Improved facial symmetry
3. Fuller upper lip
4. Improved nasal breathing
5. Reduced airway inflammation
7. Less tooth grinding
8. A better nights sleep
Improved Base of the tongue
More symmetrical airway
Before

After
Better nasal airway opening
Reduced inflammation
The appliance has a particular advantage for folks that sleep on their stomach that cannot sleep on their back.
For more detailed information, please go to my websites at:

www.facialdevelopment.com
www.nusmilefacelift.com