

# Change Your Posture Change Your Breathing Change Your Breathing Change Your Posture

By  
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Air is one of our greatest needs for survival as human beings. The "airway is the tube" through which we breathe. It begins at the opening of the nostrils, is joined by the opening of the mouth at the throat and continues all the way to the lungs.

The cross-sectional size, shape of the airway regulates the rate of exchange between oxygen entering the lungs and the exiting of carbon dioxide out of the lungs. This either encourages an easy passage of air or generates a greater resistance to airflow in both directions.

Miss-shaped and obstructed airways can wreak havoc with muscle tone and head position. Research has clearly correlated head posture with this as well as jaw position and temporomandibular joint disorders.

Pain is often seen in head, jaw, neck, upper and lower back muscles and even in the extremities. Simply put, if an airway is obstructed, a person will instinctively modify their muscle function to optimize or open the airway and both chest and thorax to improve lung capacity.

The implications of this compensatory changes to "poor" posture even impacts the stress bearing joints that , over time, overload the joints leading to bone reabsorbing and what has been referred to as arthritic degeneration, usually treated by revision or replacement of the knee and hip joints without addressing the origin of the problem (postural compensation for a compromised airway). The immediate, lifesaving effect of these posture changes to improve airway, airflow and breathing keeps us alive at a long term cost.

Oral Systemic Balance Therapeutics through the use of dental interventions to modify to the shape and contours of the mouth structures that influence the posture and position of the tongue, the only dynamic component of an, otherwise static and relatively rigid airway, improves ease of breathing, swallowing and speaking allowing the body to be in a more up-right posture.

Natural ease of breathing is conducive to less stress on the joints and muscles. This positively impacts musculo-skeletal symptoms; it also significantly reduces the need of our autonomic nervous system to activate our stress response and an unhealthy frequency and quantity of release of stress hormones into our system.

This approach of round-the clock improving of impaired oral function and its impact upon airway and breathing, includes management of sleep disorders, including sleep apnea along with the aforementioned conditions. And changing our airway and our breathing actually not only changes our posture, it changes everything about us.