

REVIVE

HEALTH • BEAUTY • FASHION

www.REVIVEMagazine.ca

Annual *Just for Men* Issue

Robert Herjavec

THE DRIVEN AND
DEPENDABLE
DRAGON

illumiNATION Tour
Coming to Canada!

Fillers For The
New Man

Lose Your Gut

A Workout Program
That Works!

Cool Scents
For Summer
Sizzle

Gillette Knows Shaving

6 steps to
a great
shave

If Shoes Make
The Man
Then Cognac
is the Colour

Teeth Grinding

By Dr. Dan Hagi

Does teeth grinding cause recession or does the recession lead to teeth grinding?



Some are calling this the longest economic recession in modern history. While people claim that they are worn down by the recession stress, dentists have noticed an increase in worn down teeth and receding gums.

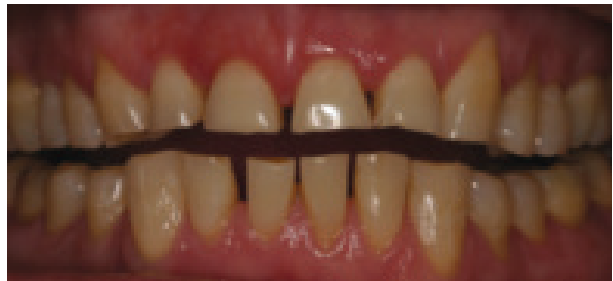
According to the American Dental Association 10-15 percent of people grind their teeth, a condition known as bruxism. People grind their teeth for many reasons, some related to the position of teeth or jaw joints, others because of systemic medication and other health issues. In times of stress the frequency and severity of the grinding increases. We are now seeing an increase in bruxism related symptoms such as smashed molars, flattened front teeth, receding gums, headaches, earaches and jaw pain mostly in middle aged male patients.

Traditionally, grinding damage manifests in middle age, as teeth weaken over time, and those who seek treatment are predominantly women. Researchers don't know if this is due to differences in estrogen levels (studies are inconclusive) or if, women are simply more concerned about the appearance of their teeth.

The pressure people put on their teeth while asleep is painful. Normal chewing places about 80 pounds of pressure per square inch on the back teeth; intentionally clenching your teeth places 150 pounds of pressure; grinding unconsciously at night places up to 900 pounds of pressure. These kinds of forces can cause serious damage to dental materials and can easily break down teeth.

But most striking has been the recent increase of grinding among men. We have seen a 25 percent jump in the number of male patients treated for grinding in the last year.

Many businesses have been facing hard times, with unemployment increasing and incomes decreasing, many people are stressed and that stress is manifesting in night-time tooth grinding and day-time clenching. The damage can be very dramatic as seen in the picture below. Mr. Chartise is only 34 years old but has worn down about 40% of his teeth. The front teeth are flattened and the gums are receding because of the undue pressure. He says that his business has suffered in the last year and as a result he is finding himself constantly clenching and grinding his teeth. We fitted Mr. Chartise with a night guard to help prevent further damage.



The damage from bruxism does not stop at flattening the teeth and breakage of molars. Studies have found that between 5 percent and 12 percent of people suffer from facial pain, known as temporomandibular joint and muscle disorder, or TMJD, which is often caused by teeth grinding, according to the National Institute of Dental and Craniofacial Research.

Most people are unaware that the earaches and headache pain they feel are related to grinding their teeth. Those symptoms are usually accompanied by an aching jaw muscle. The jaw normally is sore and tender from all the clenching and grinding that happens while asleep, causing some people to have extreme pain in the morning, and even have a hard time opening their mouths.

Tooth sensitivity is also something to watch out for, caused by the grinding of tooth on tooth.

continued on next page

Because stress worsens the grinding, the only real way to cure it is to reduce the stress in your life. Easier said than done! Exercise, meditation and therapy help, other alternatives include mouth guards that are made to prevent night grinding.

Night guards do protect the teeth and put the jaw in a better position while the person grinds. The night guard is a custom fabricated appliance that fits over the teeth and acts as an alternate surface and also aids in the distribution of force.

The mouth guard doesn't cure the grinding, but it does protect teeth and helps relax jaw muscles, it retrains patients to be more relaxed, and when you're grinding it's enam-

el on the guard -- not enamel on enamel.

The next step, once the grinding and stress is better controlled is to begin and rebuild that which has been destroyed. Dentistry can use a combination of treatments to rejuvenate the smile to pre-grinding condition. Mr. Chartise comments that now that the economy is showing signs of recovery he is getting ready to invest in rebuilding his ailing smile.

Dr. Dan Hagi

Thornhill Smile Centre - General +
Aesthetic Dentistry

www.thornhillsmilecentre.com

REVIVE

CoQ10 increases oxygenation of heart tissue. Recommended Dosage: 50-100 mg 3 times daily.

Hawthorn:

Hawthorn is important for treating congestive heart failure. It strengthens your heart, and helps treat angina and can support recovery from a heart attack. Take 80 milligrams of a standardized hawthorn extract twice a day.

Niacin (Vitamin B3):

Niacin has got publicity for reducing cholesterol. Higher levels of Niacin can lead to hot flashes and liver damage. Recommended Dosage: 50 mg daily.

Magnesium:

Its supplementation may reduce the total cholesterol, increase the beneficial HDL and prevent unnecessary "clumping" in the blood that can trigger a heart attack. The mineral may also reduce the symptoms of angina or may prevent future attacks. 750-1,000 mg magnesium daily, in divided

doses, after meals and at bedtime.

Essential Fatty Acids:

Essential fatty acids help to prevent unnecessary blood clotting, reduce inflammation, and regulate blood pressure. They are found in black currant seed oil, borage oil, evening primrose oil, fish oil, and flaxseed oil. Recommended Dosage: Take 500 to 1,000 milligrams of any of these oils twice daily.

L-Carnitine:

Carnitine has been shown to lower triglyceride and total cholesterol levels, while at the same time improving HDL levels. Take 500 milligrams of carnitine three times a day.

Taurine:

Taurine helps to stabilize the heart beat and correct cardiac arrhythmias. Recommended Dosage: 1,000 mg daily. Take with 50 mg of vitamin B6 and 100 mg of vitamin C for better absorption.

Ahmad Nasri, is a certified Homeopathic Doctor and Biofeedback Therapist in Ontario, Canada .He was originally trained as a General Surgeon in the Dominican Republic. He is an active member of different prestigious health associations including the American Academy for Anti aging Medicine (A4M). He is an experienced professional and a renowned speaker in several national and international health conferences. He has a vast knowledge in mainly Integrative cancer therapy, Chelation therapy, Women's health, and Anti aging. He is the author of several articles in different Canadian health magazines and is the Director of Nasri Functional Medicine Clinics in Barrie (705)735-2354, and Woodbridge (905)266-0959. www.nasriclinic.com.

REVIVE