

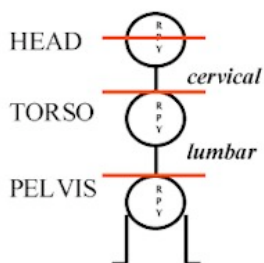
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### **What You Need to Know If Your Dentist Advises Chirodonic Care.**

While Chirodantics is applicable to many different healthcare situations or concerns, it is especially useful in the treatment of chronic complaints, and invaluable in treating conditions like TMJ (temporomandibular joint) dysfunction, headaches and cranio-facial pain syndromes, and may even help with lymphatic drainage or endocrine imbalances. Chirodantics is essential for correction of bite misalignment to protect against the premature teeth breakdown (tooth fractures or wearing away) and preserving the normal function of your jaw joint (TMJ).

**Chirodantics focuses on balancing the Biomechanics of your body.** In dealing with Biomechanics, we are looking at two primary considerations;

- How body posture affects the way the teeth contact each other or TMJ function.
- How the way the teeth contact each other or TMJ function affects body posture



If we look at the basic human anatomical system, we see that it consists of three primary structural zones; the head, the torso, and the pelvis. The cervical and lumbar spines connect these areas to each other. Most patient symptoms come from the stress placed on these two spinal areas due to compensations in the 3 primary zones.

Our nervous system is designed so that our eyes and ears will always be horizontal to the horizon. So postural (ascending) stress, such as a twist in the pelvis, will cause the head to compensate, and this compensation will affect jaw position. But when there is imbalanced teeth contact or jaw use (joint popping, pain, or altered movement) neck muscles will compensate and in order to keep the head level, the torso or pelvis will need to accommodate.

The more balanced the body is under normal situations, the better it can compensate when it is placed under stressful situations. It takes many body compensations before we can no longer compensate, reach our pain threshold and then finally experience "pain".

The goal of Chirodantics is to first level these structural planes, while supporting the body's nutritional needs. Next we concentrate on balancing the cranial system with both cranial manipulation and Dental Orthopedics. After this, we set the dental occlusion to a balanced body and cranium with Mandibular Appliance and cosmetic dentistry. In some cases, we address the Electromagnetic considerations of the system, using Acupuncture, Herbs, Homeopathy, and various "Emotional techniques", to fully balance the person to their new posture and occlusion.

Now we have a healthy, “balanced” system, with a larger “Adaptive Capacity”. The person is now able to handle more general stress and environmental challenges, and they can begin to focus on true “Health”. You can begin with any chronic complaint and end up with “Health”

Chirodontics is a total system for achieving this “Health”. It involves a team of dedicated healthcare providers, working with the patient as an invaluable part of the team.

*“Health is not a destination, it is a very personal journey.”*

### **How Do I Schedule my Appointments?**

The treatment time for a Chirodontic case varies from patient to patient. On average, one can expect a change in three to six treatments.

You will need a series of appointments with Dr Panahpour and your chiropractor. On your first visit, you will meet with Dr Panahpour to make casts of your mouth. The lab will use this to make your Mandibular Appliance. In some cases Dr Panahpour will advise seeing your chiropractor before your casts are taken for an evaluation.

The next appointment is the fitting of the Mandibular Appliance. You will see your chiropractor before your appointment with Dr Panahpour. This is to ensure that your body and bite is in proper alignment. You will wear a special retainer between appointments to maintain this alignment. It is important that these appointments are back to back.

All further appointments will be in conjunction with you Chiropractor and Dr Panahpour. Your appointments should be back to back and you need to wear the special retainer between appointments. Your Chiropractor and Dr Panahpour will be in close communication with your progression and in determining the frequency and length of treatment.

### **Recommended Chiropractors:**

Charles Blum DC (310) 392-9795  
1752 Ocean Park Boulevard  
Santa Monica, California 90405

Marc Pick DC (310) 659-7022  
206 South Robertson Boulevard  
Beverly Hills, California 90211

Jeffrey Blanchard DC (805) 772-0564  
625 Main Street  
Morrow Bay, California 93442

### **Insurance Coverage**

Some dental plans cover the Mandibular Appliance.  
Please bring in your insurance code/price sheet for assistance.



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