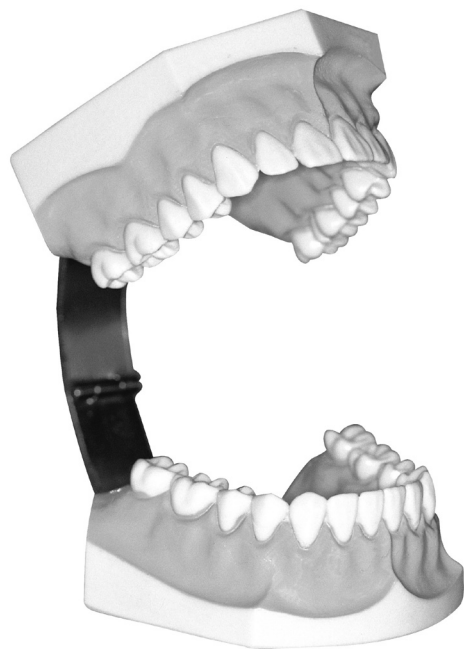


By Brett Gottlieb, D.C.



Proper Neck Alignment is Necessary for Good Dental Health



Neck alignment can affect your jaw alignment. If your neck is not in good alignment, then most likely your jaw will not be in good alignment. This will have an effect on your bite. If your bite is not right, problems such as TMJ can occur which can lead to chronic jaw pain, headaches, neck pain, and even back pain. Many people will get dental work to correct their abnormal bite when what they really need is to just get their neck in proper alignment. When the atlas, which is the top vertebrae at the base of the skull, is not in proper alignment, the jaw can shift out of alignment, throwing your bite off. Unfortunately, most dentists don't recognize this relationship between neck alignment and jaw alignment. They will consider only changing the bite through changing the jaw alignment directly or changing the height of the teeth for a better bite.


The only real way to know for sure whether your bite is off due to bad neck alignment is to consult with a neck alignment specialist. NUCCA, which stands for National Upper Cervical Chiropractic Association, trains chiropractors to be experts in aligning the neck. A NUCCA chiropractor will analyze your neck alignment very precisely using x-rays and postural analysis. He will then come up with a formula for correction of your neck misalignment. Most often a patient can feel a difference in their bite immediately after the neck is aligned.

Many times accidents or injuries to the head and neck such as auto accidents can knock the neck out of alignment. The person may not even realize that their jaw alignment and bite have been affected until much later when they start manifesting TMJ dysfunction which can lead to very bad jaw pain that limits the ability to open and close the mouth. If the TM joint cartilage has not degenerated too much, then chronic TMJ dysfunction could possibly be reversed by getting the neck back in proper alignment.

If you have problems with your bite, jaw pain, headaches or TMJ dysfunction and are considering dental work you should first consult with a NUCCA chiropractor. The dentist will possibly be making permanent changes to your teeth and jaw when there is nothing wrong with these structures. This is because the neck is not in alignment and most dentists are not trained to consider the neck as a possibility for the problems with your bite or your TMJ dysfunction. I have had many patients over

the years that have come in for neck pain, headaches, lower back pain etc. that is due to neck misalignment. However, when I put the neck back into proper alignment, the bite is not right again because the dentist changed the teeth to accommodate the misaligned jaw which was actually due to a misaligned neck. The patient then needs to go back and get more dental work to get the bite corrected to the aligned jaw and neck.

Many people will get dental work to correct their abnormal bite when what they really need is to just get their neck in proper alignment.

If you would like a free consultation and examination with Dr. Gottlieb to evaluate whether dental condition may be due to neck misalignment give us a call at 916-965-7155. 

Get Your Life Back!

Upper Cervical Care is one of the fastest growing forms of natural healing in America. It is a form of chiropractic that focuses on the intimate relationship between the first two bones in the neck. It has helped with a variety of conditions including:

- Fibromyalgia
- Seizure Disorders
- Lower Back Pain
- Allergies
- Migraine Headaches
- Trigeminal Neuralgia
- Digestive Problems
- Arthritis
- Neck Pain
- Ear Infections
- ADD/ADHD
- Fatigue

Call Dr. Brett Gottlieb at (916) 965-7155 to schedule your **FREE CONSULTATION & EXAM** today!

Free Consultation & Exam
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