

*Oral Systemic Balance supports both breathing and swallowing by using removable, retainer-like oral appliances (orthotics) to improve jaw, tongue and upper throat function and by so doing is able to quickly and dramatically provide relief of pain.*

Permalink Reply by Rooster on October 26, at 9: Park did a great job tonight. In my consulting business, we always notice that while industries are very good at improving the way they do things, revolutionary new ways of doing things often come from outside existing industries. The discussion tonight was a reminder of this and follows my guess that a better treatment for sleep-disordered breathing will not come from the sleep labs and the CPAP machine manufacturers. They are too engrossed in developing and defending their current methodologies and do not have time to think outside that box. As far as diagnosis, the techniques that Dr. Quinttus showed being used to examine the jaw and airway structure combined with an interview of the patient could certainly show who would benefit from treatment and eliminate the need for a PSG. This eliminates a significant cost and should be considered as a reduction of the total cost of OSB. I am a patient of Dr. It has completely changed my life! For those interested in this topic, the creator of OSB, Dr. Farrand Robson will be presenting on <http://www.sleepguide.com>: Thanks for posting the link! Carol Lisa Barnhart said: I am new to Sleep Guide. This is meant as friendly inquery, not as a grilling. In the fall of I decided to try going to a chiropractor again for my headaches. After a couple treatments I felt better than I had in 7 years. But when it was time to move to 1 appointment a week, I had shoulder pain that caused severe headaches. I challenged my chiropractor to figure it out, but his answers were other types of therapy which of course cost me more and only helped for a day. I arranged to have my family Dr. The amazing Deb therapist asked a lot of questions and felt that my pain was some how coming from my jaw I feel very fortunate that the one physical therapy location that Dr. Quinttus has been invited to speak at happened to be where I went and that Deb was quick to follow Dr. On my consult visit with Dr. Quinttus he described my life like he knew me better than my best friend. He identified symptoms that I had no idea were related to the headaches that include Brain fog, sleepless nights that felt like a visit to hell, stress related sensitivities, anxiety, depression, upset stomach, allergies and shallow breathing with catch up breaths. In my testimony to Dr. Quinttus I stated that chiropractics and medications provided periods of relief over the past 20 years. However, emotionally I found my constant feelings of panic, fear, anxiety, depression, and powerlessness to be the wife and mother I wanted to be Today, my marriage of 24 years is like newlyweds again and my kids have a "new" mom. There is a LOT more to breathing issues than apnea. I hope I answered your question I will be away Friday but it looks like they have the practice of putting all the shows in the archives, so I will look for it later and will certainly be interested to hear Dr. Permalink Reply by David E. We all know that sleep studies are important but they can often be a double edge sword. This variability is much greater in the more mild form of OSA. Those with upper airway resistance who have breathing difficulties during sleep but who do not have oxygen desaturations almost always are told that they they have no problem. So these people patients close the door to the possibility that sleep is a problem because they had a sleep study that told them they had no problem. A very significant number of my Oral Systemic Balance patients would never get a diagnosis for obstructive sleep apnea with a PSG and would be more likely to have upper airway resistance syndrome. The only problem is that this diagnosis is rarely given. To see my rants on this particular issue go to my website at: [www.sleepguide.com](http://www.sleepguide.com) Lisa, if you have never had a sleep study, what prompted you to try OSB? What a fortuitous turn of events I realize this took a great deal of time, pain, and most of all determination that you were able to get the OSB. Reply Permalink Reply by Banyon on November 10, at 9: As a business consultant, I know that true innovation often comes from outside an industry. Sleep labs are fundamentally doing sleep studies the same way they were done twenty years ago. Despite some improvements in masks and minor improvements in machines, the majority of CPAP users are getting the same type of treatment that was used 25 years ago. The traditional sleep business is growing and profitable and will cling to the methods that have made them profitable and not look for innovation. And this is a very large segment of the patient population for whom a

poor job is being done. Best of luck in promoting your business. No matter what the severity of your apnea this CPAP can be difficult. I would like to touch base on a few things that you have said: The first was for diagnostic, and to help overcome first night effect. The second was done as a split night to help verify sleeping trends and titrate. The third was in the back pocket of the tech if needed. If this practice were done today I believe it would be a whole different ballgame. The sleep industry did not end this practice. Many in the industry would like it to come back myself included. The insurance companies put an end to this type of practice in an effort to save themselves money. I would blame scoring reliability more for this then I would blaim it on bad teching. The AASM has given too many options to the scoring rules allowing for big differences between labs. If one were to have the same test in both places they would probably get 2 very different results. The same can be said for 2 labs located a few bocks from one another. A tightening up of the rules would most likely put an end to the false negatives you talk about. I wish that I could help everyone with intolerance issues. In any system people are going to fall, or jump through the cracks. In the mean time I will continue to push the sleep industry as a whole to do a better job. Sooner or later they will make an HST that works. Unfortunately that has yet to happen. Until I see positive results for myself I ll continue to speak out against the corporate insurance money funded research that is being published.

**Chapter 2 : Lupus - Symptoms and causes - Mayo Clinic**

*Oral Systemic Balance's laboratory in Tacoma is the sole producer of custom appliances for dentists trained at Oral Systemic Balance's training facility where these unique and innovative orthotics were developed by Dr. Farrand Robson, founder of the company, Oral Systemic Balance.*

Candida can be very serious. This version of candida " which often spreads through candida biofilms on surfaces such as catheters and bedrails " has proven resistant to multiple drugs, resulting in serious illness. Candida albicans is the most common type of yeast infection found in the mouth, intestinal tract and vagina, and it may affect skin and other mucous membranes. If the immune system is functioning optimally, this type of yeast infection is rarely serious. However, if the immune system is not functioning properly, the candida infection can migrate to other areas of the body, including the blood and membranes around the heart or brain, causing serious candida symptoms. When it overproduces, typical candida symptoms may appear. In the digestive tract, if left unchecked, it breaks down the walls of the intestinal lining and penetrates into the bloodstream. This releases byproduct toxins and other toxins from your system, causing leaky gut syndrome. Good healthy bacteria and a properly functioning immune system are essential when fighting this stubborn infection. Candida overgrowth syndrome, or COS, is the term used when candida has grown out of control in your body. This is a chronic health condition. In addition to candida symptoms, individuals who have never experienced a serious yeast infection can find they have developed new sensitivities, allergies or intolerances to a variety of foods. These foods include dairy, eggs, corn and gluten. What Causes Candida Infections? There are many possible causes of candida, including a diet high in sugar, refined carbohydrates and alcohol that help feed candida. Broad-Spectrum Antibiotics Sometimes, antibiotics are needed to fight a stubborn infection to kill the offending bacteria in your system. The good bacteria in your system are responsible for digestion and keeping candida under control. After a long course or multiple courses over a short period , antibiotics can make your body a literal breeding ground for candida. Birth Control Pills Unlike antibiotics, birth control pills in and of themselves do not directly cause a yeast infection or candida overgrowth syndrome. Some women find that birth control pills seem to instigate yeast infections " and even long after the initial infection is gone, once they start taking the birth control pills again, candida can take root. Oral Corticosteroids Individuals who treat their asthma with corticosteroid inhalants are at an increased risk of developing candida in the mouth, leading to systemic candida overgrowth. Cancer Treatments According to the Department of Clinical Research at Merck Research Laboratories, candidiasis can become invasive in cancer patients and present a serious complication. Chemotherapy and radiation can both work to kill cancerous cells and tumors; however, they also kill off the healthy bacteria that naturally fight candida. Diabetes In a Type 1 or a Type 2 diabetic, sugar levels in the mouth and other mucous membranes are traditionally higher than in an individual without diabetes. Weakened Immune System Any individual with a weakened immune system is more likely to develop candida. This type of systemic yeast infection presents different ways in different people. Below are nine of the candida symptoms to watch for if you are concerned you have candida, or candida overgrowth syndrome. Chronic Fatigue If you have fatigue or exhaustion that you simply cannot shake, regardless of the number of hours you sleep, you may have chronic fatigue syndrome. The disease is characterized by fatigue that lasts a minimum of six months and is often accompanied by other candida symptoms, including headaches, joint pain, difficulties with memory and concentration, and sore throat. While a candida infection is not the only cause of chronic fatigue syndrome, many physicians believe it heightens the risk of CFS. Mood Disorders One of the reasons it can be difficult to diagnose candida is that so many of the candida symptoms are common to other conditions, including mood disorders. Individuals with candida overgrowth may experience dramatic mood swings, anxiety , irritability, depression and even panic attacks. Recurring Vaginal and Urinary Tract Infections When an individual experiences recurring infections in the urinary tract or vagina, candida may be at the root of the problem. It is important to realize that candida can be sexually transmitted, and partners can spread it back and forth. For women, reduce the risk by avoiding tight-fitting underwear or pantyhose and avoid hot baths during an active

infection. Oral Thrush Oral thrush is actually a yeast infection caused by the same strain of candida that affects other mucous membranes, including the vagina. Left untreated, it may spread through the body, including the digestive tract, lungs, liver and heart valves. Oral candida is communicable. Newborns can get thrush during birth; children can get it from sharing toys with other children; and adults can pass it back and forth through the saliva. Sinus Infections As with many of these other candida symptoms, sinus infections are common today, and it can be difficult to pinpoint the root of the cause. Candida does affect the sinuses and can result in a persistent cough, post-nasal drip, an increase in congestion, seasonal allergies, and general flu-like symptoms. Intestinal Distress Ongoing intestinal distress is one of the more uncomfortable candida symptoms. Persistent flatulence, burping, bloating, constipation or diarrhea, and stomach cramps may be caused by a lack of healthy bacteria in your digestive tract. When yeast overtakes the intestines, healthy bacteria are undermanned, and cannot fight off the infection alone. Many individuals experience dramatic relief of chronic intestinal distress when effectively treating a candida infection. Brain Fog Along with mood changes and chronic fatigue, brain fog is often overlooked as one of the candida symptoms. However, candida overgrowth can cause a lack of focus, poor physical coordination, difficulty in concentrating on tasks and poor memory. Continued infections may be a sign that you have a systemic candida infection. Hormonal Imbalance A hormonal imbalance is one of the candida symptoms that presents in many other health conditions. However, it is important to recognize how an infection can cause early menopause, PMS, a low sex drive, migraines, endometriosis, water retention, mood swings and an inability to lose unwanted pounds. While in the midst of candida overgrowth, your body becomes inflamed, causing the yeast to grow and spread beyond the digestive tract. One of the byproducts of candida actually can mimic estrogen, leading to a serious hormonal imbalance. The Candida Cleanse The candida cleanse helps to rid the body of excess candida through the flushing of the digestive tract, and the introduction of healthy candida fighters found in fermented vegetables and kefir. You really have two options for a cleanse: The whole process will set the stage for starting the candida diet as well!

**Liquids-Only Candida Cleanse Duration 1â€™2 Days** Start by making a vegetable broth from organic onions, garlic, celery, kale, sea salt and pure water. Let simmer and strain. Discard the vegetables and refrigerate the broth. It can also be used as a jumpstart to the food cleanse below.

**Steamed Vegetables Duration 3â€™5 Days** By eliminating grains, sugars, fruits, starches and alcohol from your diet for three to five days, you can make great headway in your fight against candida overgrowth. Mostly, eat fresh, organic vegetables that have been steamed. Continue to drink plenty of pure water, a minimum of 72 ounces per day, to help flush the candida and byproducts from your system. This is also a great next step if you have already started with the candida cleanse. The first step of the diet is to boost your immune system through the elimination of sugar, alcohol and refined carbohydrates. These items are contributing to the growth of the candida in your system. Step two is to replace these foods with organic vegetables, including carrots, sweet potatoes, spinach, kale and asparagus. According to ancient Chinese medicine, warm starchy vegetables support the spleen in clearing candida from the body. These should be the main sources of carbs that satisfy your cravings for sweets as well. Your candida gut will heal most from warm nourishing foods. Some people who suffer stomach distress after eating any kind of starch, for instance, should avoid starchy vegetables like corn, peas, parsnips, potatoes, pumpkin, squash, zucchini and yams. Also, keep fruit intake low as well as natural sweeteners like maple syrup or honey. Probiotics like kimchi and sauerkraut are good additions to your diet, as well as unsweetened cranberry juice, because they create an acidic environment that makes it difficult for candida to thrive. Regular consumption of fermented foods can help improve the immune system, making the body less hospitable for candida. Begin with a half cup per day of sauerkraut, kimchi or other fermented vegetables as part of a new eating plan dedicated to bringing your body back into a healthy balance. The candida diet helps to provide beneficial bacteria, regulate appetite, and reduce your cravings for refined carbohydrates and sugars. Coconut oil can effectively fight candida due to its antimicrobial properties. As mentioned above, some prescription medications and cancer treatments can lead to candida overgrowth. Milk thistle, along with the candida diet, can help your body recover and create an environment where candida ceases to thrive. Vitamin C helps to boost adrenal glands and helps to restore your immune system. Clove oil, oregano oil and myrrh oil help to kill a variety of parasites and fungi, including candida, in the body. Lavender oil also inhibits the growth of

candida and is effective at preventing the spread of the infection. Also, for oral thrush, use three drops of clove oil with one tablespoon of coconut oil and swish in the mouth for 20 minutes. Do not give clove oil internally to children under 2 years of age. If you are pregnant or nursing, check with your natural health care provider before taking clove oil internally. Candida Die-Off Symptoms You May Experience Rapidly killing off candida in your body creates a metabolic reaction that releases over 70 different toxins into your body. Symptoms that show the candida cleanse and the candida diet are working include:

**Chapter 3 : On Systemic Balance : Michael A. Goldberg :**

*Oral Systemic Balance, a therapy developed by Dr. Farrand Robson, has the ability to deal with both of the above issues at the same time. The patient featured below is a fibromyalgia sufferer. Most people with fibromyalgia sleep poorly for the reasons mentioned above.*

Headaches, confusion and memory loss When to see a doctor See your doctor if you develop an unexplained rash, ongoing fever, persistent aching or fatigue. Request an Appointment at Mayo Clinic Causes Lupus occurs when your immune system attacks healthy tissue in your body autoimmune disease. It appears that people with an inherited predisposition for lupus may develop the disease when they come into contact with something in the environment that can trigger lupus. The cause of lupus in most cases, however, is unknown. Some potential triggers include: Exposure to the sun may bring on lupus skin lesions or trigger an internal response in susceptible people. Having an infection can initiate lupus or cause a relapse in some people. Lupus can be triggered by certain types of blood pressure medications, anti-seizure medications and antibiotics. People who have drug-induced lupus usually get better when they stop taking the medication. Rarely, symptoms may persist even after the drug is stopped. Risk factors Factors that may increase your risk of lupus include: Lupus is more common in women. Complications Inflammation caused by lupus can affect many areas of your body, including your: Lupus can cause serious kidney damage, and kidney failure is one of the leading causes of death among people with lupus. Brain and central nervous system. If your brain is affected by lupus, you may experience headaches, dizziness, behavior changes, vision problems, and even strokes or seizures. Many people with lupus experience memory problems and may have difficulty expressing their thoughts. Blood and blood vessels. Lupus may lead to blood problems, including anemia and increased risk of bleeding or blood clotting. It can also cause inflammation of the blood vessels vasculitis. Having lupus increases your chances of developing an inflammation of the chest cavity lining pleurisy , which can make breathing painful. Bleeding into lungs and pneumonia also are possible. Lupus can cause inflammation of your heart muscle, your arteries or heart membrane pericarditis. The risk of cardiovascular disease and heart attacks increases greatly as well. Other types of complications Having lupus also increases your risk of: People with lupus are more vulnerable to infection because both the disease and its treatments can weaken the immune system. Having lupus appears to increase your risk of cancer; however the risk is small. Bone tissue death avascular necrosis. Women with lupus have an increased risk of miscarriage. Lupus increases the risk of high blood pressure during pregnancy preeclampsia and preterm birth. To reduce the risk of these complications, doctors often recommend delaying pregnancy until your disease has been under control for at least six months. See the stories of satisfied Mayo Clinic patients.

### Chapter 4 : Candida Symptoms & 3 Steps to Treat Them Naturally - Dr. Axe

*Oral Systemic Balance. Listen to My Expert Interviews On My Podcast. The Breathe Better, Sleep Better Live Better podcast is aimed at helping you get the sleep you need and the life you want.*

Teeth Alignment Oral Systemic Balance Stop and think about itâ€”breathing is our most important body activity. As important as the heart is, its function is secondary to breathing since the heart circulates the life-giving oxygen throughout the body that is first acquired by breathing. With this as the starting premise, Oral Systemic Balance, a technique developed by Dr. Farrand Robson, supports breathing. While traditional oral appliance therapy supports breathing during sleep, Oral Systemic Balance supports breathing during BOTH sleep and awake time. Another extremely important body function is swallowing. Obviously, swallowing is critical to our survival allowing us to intake life-sustaining food and water. While we rarely are consciously aware of it, we swallow over a thousand times a day. When we think about swallowing, we usually think about the intake of food and water, but the swallowing function occurs 24 hours a day as we swallow our own saliva. Oral Systemic Balance supports both breathing and swallowing by using removable, retainer-like oral appliances orthotics to improve jaw, tongue and upper throat functionâ€”and by so doing is able to quickly and dramatically provide relief of pain. Pain is a signal to our bodies that something has gone wrong. Intensity of pain can range from a slight feeling of tightness that often goes unnoticed to shrieking, stabbing, life-controlling misery. Because this concept of pain relief is not commonly recognized or understood, please go to the following you tube site, [http:](http://) The results of Oral Systemic Balance OSB are typically so dramatic that, unless these videos are viewed, the full appreciation of this form of pain relief is really not possible. Obviously, the hands are quite large representing the innervation necessary for us to do intricate tasks requiring great dexterity. Notice the enormous size of the jaws and tongue. As we will later discuss, due to the extreme importance of this part of the body, when there are disturbances in this area the nervous system goes into a high state of alarmâ€”a constant state of survival. The Epiglottisâ€”The Decider At the back of the throat there is a common hole or tube, as shown in this drawing. Through this collapsible tube passes food, water, air and saliva. The air goes to the trachea which leads to the lungs and everything else goes to the esophagus leading to the stomach. The epiglottis, a tiny flap of tissue positioned slightly below the base of the tongue and above the vocal cords, has the all-important role in this duty Because the function of the epiglottis is so critical, the body does what is necessary to assist its proper closure. This can happen in many ways. Some people hold their heads farther forward. Other people tense their jaws or elevate their shoulder positions. Any of these compensating actions can result in headaches or neck and shoulder pain. This continual nervous system activity runs in the background without our awareness, producing adrenalin, and, when sustained, inflammationâ€”this process has a tremendous impact throughout the body The Tongueâ€”The Troublemaker To understand why the tongue is the troublemaker in much epiglottis dysfunction, and is the source of a vast number of physical symptoms that can literally occur from head to toe, we must first look at the tongue and its housing, the lower jaw. In this drawing we see a schematic drawing of a well-shaped lower jaw with the tongue placed in its normal position. It is important to understand that a well-shaped jaw is necessary for teeth to come in straight with no crowding. This drawing shows an underdeveloped jaw with crowded lower teeth. The teeth are crowded because the lower jaw did not develop to its full genetic potential, so there was inadequate room for the lower front teeth. Notice that there is less room for the tongue in this jaw. As a result of this procedure, there is dramatically less room for the tongue. To illustrate more fully, the tongues from the examples above have been enlarged and superimposed. The tongue outlined in black is from the fully developed jaw, the tongue outlined in red is from the jaw with the crowded front teeth, and the tongue outlined in blue is from the jaw that had two teeth removed before orthodontic treatment. It is most important to understand that, even though there is less physical space for the tongue to reside, the physical size of the tongue remains the same. Because the tongue does not fit in the mouth, it positions itself farther back in the throat. In addition to tongue function being altered by inadequate space in a jaw with crowded teeth, missing teeth can also seriously alter tongue function. When a tooth is not

present, the tongue loses its bracing support in the area formerly occupied by the now-missing tooth. Oral systemic orthotics work to assist tongue shape and function, allowing proper breathing, speaking and swallowing. Our sincere thanks to Dr. David Lawler for allowing the use of images from his web site to help better explain this extraordinary therapy. If you would like to learn more about this therapy, or schedule a consultation, please contact our office.

### Chapter 5 : Oral Systemic Balance (dental device) - SleepGuide

*Arguing that society has pursued short-run approaches to decision-making that in the long term are counterproductive, On Systemic Balance presents a multidimensional and interdisciplinary alternative to problem solving.*

### Chapter 6 : Systemic Balance – Systemic Steering and Governance

*Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.*

### Chapter 7 : Oral Systemic Balance in the management of head and neck pain - The Center For Sound Sleep

*Oral Systemic Balance is a patented therapeutic system that employs oral appliances or orthotics to facilitate greater ease of oral function, particularly breathing. The system was developed Dr. Farrand Robson, a TMJ dentist whose clinic is located in Tacoma, Washington.*

### Chapter 8 : Oral Systemic Balance Therapy | OSB Therapy | Epiglottis

*For those who have been following this discussion and have an interest in knowing more about Oral Systemic Balance, Dr. Steven Park is having one of his regular Expert Interviews devoted to Oral Systemic Balance.*

### Chapter 9 : Oral System Biology (Oral Systemic Balance) | [www.nxgvision.com](http://www.nxgvision.com)

*I have found information, interviews, and mention of this oral appliance system on here and various other places. I have been researching it for a while. However, I am looking specifically for people.*