

Orthodontry and Buteyko

Save thousands of dollars in orthodontic work on your child

Dentistry and Buteyko agree that mouthbreathing contributes significantly to orthodontic problems. Open mouth breathing allows the tongue to fall to the bottom of the mouth and removes the support that it usually provides for the upper jaw. The cheek muscles pull inwards at a force of 500Gm and the tongue, when in place, exerts an opposing force of 500Gm to counteract this, and keep the developing jaw stable and U shaped.

With an open mouth, the tongue moves to the floor and the cheek muscles (buccinators) continue to pull inwards, the upper jaw narrows, teeth crowd, the vault rises and irritates the adenoids. Poor tongue position causes problems with the maxilla (upper jaw) Orthodontists all encourage a return to nasal breathing, but usually do this by referring the child to an ENT specialist to have the offending tonsils and adenoids removed.

Tonsils and adenoids have an important role to play as part of the immune systems and sterilizing air as it enters the lungs.

Orthodontic support is usually in the form of a retainer plate which, in many cases, has to be worn forever in order to prevent a relapse of the work done. ***It is estimated that 90% of orthodontic work relapses*** unless permanent support is provided. This is due to the cheek muscles which caused the original problem, to continue to pull inwards, even as an adult. The jaw will narrow again if mouth breathing continues.

The first correction that Buteyko breathing exercises provides is a return to ***nosebreathing***.

Often children have chronically blocked noses, perhaps originally due to illness. After the illness has passed, the new habit of mouth breathing has been established. This means that the blocked nose also continues. The Buteyko retraining to nose breathe becomes permanent and automatic as the nose clears and functions more efficiently. This method provides a permanent, natural and healthy solution rather than the surgical removal of tonsils and adenoids. In the latter case, more problems develop in compensation for the continuing mouth breathing. If a child learns to nose breathe, the jaw also develops in the normal U shape and the risk of orthodontic work as a teenager is considerably lower.

There are many other benefits of nose breathing such as humidification of dry air, filtration, the trapping of allergens, elimination of germs and bacteria, increased oxygen to the brain and more mechanically efficient breathing.