

Jaws: The Story of a Hidden Epidemic

Sandra Kahn and Paul R. Ehrlich

Within this book Sandra Kahn and Paul R. Ehrlich explore the greatly increased prominence of malocclusion, caused predominantly by an increase of industrialized lifestyle. Such an industrialized lifestyle leads to malocclusion due to the atrophy of muscles as caused by lack of chewing due to softer diets and mouth breathing, which is caused by worse posture. These two factors both bidirectionally affect each other and also cause deviations within craniofacial development.

This change in craniofacial development is caused primarily due to environmental factors rather than genetic change caused by the onset of the industrial revolution. Within this book, is discussed the life-encompassing effect which such deficiency in craniofacial development causes. These effects range from health effects, job prospects, and general well being. Of course a lot of these effects are bidirectional and cascading in nature. For example deficiency of forward growth within craniofacial development will cause problems with breathing, which will lead to a suboptimal hormonal profile, this leads to a vicious positive feedback loop wherein said suboptimal hormonal profiles lead to suboptimal craniofacial development.

There are many examples within the human body which similarly follow such cycles and codependencies. To counteract such vicious cycles that are caused by lack of chewing within the modern diet, Mike Mew has created a field called Orthotropics which focuses on proper oral posture and increased chewing to facilitate proper craniofacial development. Orthotropics consists of proper overall posture and putting your tongue at the top of the palate as to ensure proper force counterbalances. Also to increase the amount of chewing done as to ensure proper development of the craniofacial complex. Such improvements can cause many positive effects not just limited to better craniofacial development. One especially negative thing that many orthodontists do pertaining to suboptimal craniofacial development is utilizing reductive orthodontics. This is where teeth are removed to decrease the amount of crowding. This causes negative changes in facial structure. The positive in knowing these mechanisms within the human body is that the body is very malleable and the only constant within the human body is that of change.

Through a combination of therapies which target a multitude of vectors such a strategy could cumulatively cause an exponential change in perception because while, in isolation the effect may not be so drastic due to the halo effect such changes can bidirectionally affect each other and cause massive in perception.

Overall this book gives a good overview on the epidemic of suboptimal craniofacial development and increased incidence of jaw malocclusion. It also gives a good primer on the steps an individual can take pertaining to mitigation of detrimental effects caused by modern lifestyles as well as strategies to ensure proper development through a multitude of vectors.