

# CONNOR'S STORY

Teresa Isbell, DDS



With all the education and courses I have taken over the years, how did I ignore one of my most important cases, my own son?

Connor is a busy five year old boy. He had been waking up several times in the night, usually with a wet bed. His quality of sleep was poor, requiring an hour and a half nap daily. Is this normal? Connor's pediatrician said "yes."

It took a phone call from school to wake me up! Connor was no longer focusing in school and was playing with blocks in the corner instead of participating in his learning group. His teachers did not know how to help and if they encouraged him to join he would shut down. Two weeks after the schools' call, Connor began complaining of headaches over his left eye. He described them as "his head getting hot" and his neck would hurt when that happened.

Then I decided to put on my physiologic dentist hat. We started with an exam, photos, food sensitivity testing and a sleep study. YIKES! My son had a deep bite, a tongue tie that had reattached after a release, facial asymmetry on the left, a mild apnea and his food sensitivity list was full! An ENT visit showed enlarged adenoids and tonsils. Connor's left neck was so sensitive, you could barely touch it and his left ear was full of fluid, hence the frequent ear infections. I will be honest, I cried. How did I not see this earlier?

I got right to work. We started an elimination diet (sugar detox!!) natural remedies, Rocobado head and neck adjustments and craniosacral therapy were my first steps. Within two weeks, I get another call from school. Connor is back in learning group and "he is like a different child." His focus, attention span and verbal communication has improved. In turn he has started the first stages of reading.

Step 2 was to start Myofunctional therapy to get ready for another lingual tongue release and place build ups on his posterior teeth. Three weeks after the Myofunctional therapy starts, the weekly headaches stop. Connor gets only one headache in a matter of three months and this is the day we missed our exercises. After three months, we saw expansion of the upper and lower arches and improved lip tone and tongue posture. We added the occlusal blocks to his posterior teeth and did the lingual release with lots of stretching of the tongue to prevent reattachment. After this, his neck pain went away and his posture improved. His neck is so loose and easy to adjust, it is amazing! He is now sleeping through the night on his back with his mouth closed. He is waking up with a dry bed. The naps are gone and he is getting perfect reports from school. His ENT exam shows his tonsils and adenoids are half the size.

Our journey is not over. We still have follow up sleep studies that will continue; myofunctional therapy, Buteyko breathing training, and tonsil/adnoid removal.

As a dentist I am thrilled with Connor's progress and eternally grateful to LVI for the education that has changed his life. Connor is a sweet, happy little boy with his whole life to live pain free. As his mom, this means the world to me.

*I will be honest, I cried.  
How did I not see this earlier?*



BEFORE OCCLUSAL BLOCKS



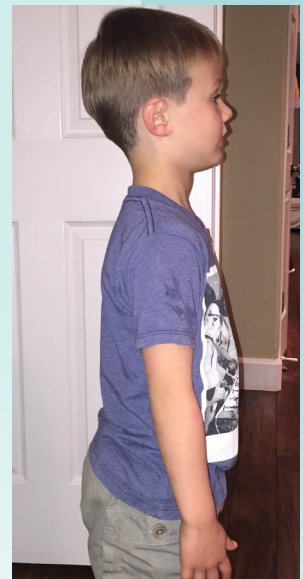
AFTER OCCLUSAL BLOCKS



AFTER TONGUE TIE RELEASE



POSTURE  
BEFORE



POSTURE  
AFTER

*"What you do makes a difference,  
and you have to decide what kind of  
difference you want to make."*

JANE GOODALL



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