

Oral Systemic Balance (OSB) Therapeutic Principles

A new oral therapy that can alleviate headaches, chronic pain, and sleep problems, including sleep apnea and snoring.

Breathing and swallowing are essential to sustaining life. Our bodies, directed by the brain, instinctively do whatever is necessary to help the mouth and throat function properly to promote efficient breathing and swallowing.

Sadly, the efforts our bodies must make to support these vital functions can cause pain, feelings of being “on edge” and many other symptoms.

The culprit? Your tongue. It can prevent your mouth and throat from functioning properly.

It is not unusual for the tongue to fall back from the mouth, narrowing the throat, thus decreasing the intake of air and making swallowing more difficult. Although few are conscious that this is occurring, the body will automatically adjust to keep the throat open. The mouth and throat are kept working well enough so we can survive. However, this life-saving process can result in posture breaking down, headaches, aches and pains in the back and neck, sleeping problems and anxiety.

At the same time, the body also makes adrenaline to help the muscles work better. This puts us into a “fight or flight” condition, which makes us hyper-vigilant, feeling on edge, and our minds race.

Often this serious problem is dismissed as being “stress”. Over time this can have a devastating effect on health.

How OSB Therapy works

OSB Therapy includes assessment and diagnostic testing, along with custom-designed oral devices that help keep the throat open. These devices let your throat muscles relax and open the passageway to permit deeper breathing and easier swallowing. This also helps balance the Autonomic Nervous System, which regulates important body functions such as heart rate, body temperature, digestion, and much more.

As a result of OSB Therapy, chronic pain conditions can be relieved, dependence on prescription drugs can be reduced and your quality of life increased.

How OSB Therapy enhances your life with every breath you take

With OSB Therapy, breathing can become deeper and easier, and swallowing is effortless. Posture can correct itself naturally (often actually increasing a person’s height), chronic pain can be reduced or even eliminated, and sleep becomes more restful and refreshing. The result can be a remarkable restoration of the quality of life.