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The Mechanics of Brain Detoxification – or How do Tonsils, Tooth Height and Tooth Asymmetry Helps or Hurts your Brain

Dr. Dietrich Klinghardt

Notes from his presentation

The Glymphatic System: The brain is tightly packed with neurons that fluid can't flow through so the brain shrinks at night to increase the clearance of fluid that contains waste and byproducts of the brain cells. This waste includes harmful proteins called amyloids, the build-up of which has been linked to Alzheimer's.

- Delta sleep is when you move from light to deep sleep.
 - Sleeping pills do not put you in delta sleep.
 - It is during the delta sleep that the brain shrinks and the glymphatic system becomes 10 times more active than during wakefulness. Simultaneously, your brain cells shrink by about 60%, allowing for greater efficiency of waste removal.
- It drains through the veins and lymphatic vessels coming from the head, down the neck and into thoracic inlet. **HOWEVER**, 60-80% of the drainage first goes through the Waldeyer's Ring formed by tissues all around the back of your mouth and tongue including tonsils or scars left from tonsillectomies.
- **The Glymphatic system, won't work if you have infected tonsils, or teeth with root canals.**
- Even if you had your tonsils out, they look at scars and how scars impact the body. If you have a chronic tonsil scar, it can lead to insomnia because the scar is preventing good blood flow to the pineal gland to produce melatonin.
- Black cumin seed oil can help.
 - Black cumin is a spicy intense type of an oil. It is an acquired taste. You can mix it with Manuka honey, put it with your food, take a teaspoon and drink it down. It can be quite annoying at the back of your throat. That part of your throat holds a lot of bacteria. Some people get a lot of energy from the oil, or a longer endurance. It does something to enable the body to free up and get energy. Great for thyroid and for hormonal healthy overall. It is a major detoxifier at a cellular level because its antifungal.

Sinus Infections

Aluminum dust and other toxins from microbes that have affinity for nerves, will attach to olfactory nerve and migrate up from the nose to the cranial base into the brain and is a frequent cause of depression, memory loss.

Tooth Height

There is a strong relationship between the autonomic nervous system and its health and the height of the teeth and the symmetry from left to right. Blood flow to the brain was significantly reduced when teeth were reduced in an asymmetric way.



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As we age acetylcholine (for our memory) goes down. **If you lose height of the teeth or lose teeth, acetylcholine goes down.** He now believes in implants to restore the bite to normal height of the teeth. He is sending his patients to get ceramic implants. Other studies show that dentures only have 10% of chewing capability of healthy teeth, which doesn't help grind down the food and get micronutrients released.

Cavitations

Cavities are holes in the tooth; Cavitation are holes in the jaw bone.

Cavitation is becoming very common, caused almost after all wisdom teeth pulled, has retroviruses in jaw bone. Cavitations need to be cleaned out via cavitation surgery. Surgery is successful 9 out of 10 times.

Microbial activity in these holes causes a lot of toxic byproducts. RANTES (inflammatory cytokines) are released into lymph flow from the jawbone and into lymphatic systems and overloads and poisons our whole system.