

“Start Saving for Ortho Now!”or maybe not....

Rowen’s Success Story “Thus Far” by Nydia Stephens

Last June, I took my almost-7-year-old son to the dentist. Although Rowen had not lost any teeth, the dentist had us look at the x-rays as he declared, "The four front teeth will be gone in a few weeks - 6 tops." Rowen was elated to say the least as he was the only first grader to not have lost any teeth. But two months later in August, we'd only managed to convince one tooth to come out. A second came out in September. My sister, a dental hygienist, looked in his mouth and declared, "Start saving for ortho now!"

It seems **Rowen had a very very small jaw** (as does both of his grandmothers). His permanent teeth had very little space to come in, let alone align themselves well. The front bottom permanent teeth were more than halfway blocked/ behind the baby teeth next to them, with no room to move forward into place.

We consulted with our [anthroposophical](#) doctor who suggested that Rowen see a Cranio-Osteopath who was trained in working with the [etheric body](#) to help release the jaw. As it so happens, I took [Dr. Martine Faure-Alderson's "Cranio-Sacral Reflexology"](#) class in September. I spoke to her about my son as well. She agreed that the jaw could be released, but as I was new to CSR and he was now 7 years old it was thought that he needed an experienced Cranio-Osteopath sooner rather than later. (Please note: western dentistry states that the jaw grows “the quickest” between ages [8 and 9](#).)

As this success story is posted on my website, I am sure that you have all guessed that I began to work with Rowen on my own. I know that my work specifically impacted his jaw because we have **visibly seen the changes in his teeth and jaw**. The first time was when he developed a fever and had a horrific pain in his neck. I went through a series of "What is this?" processes in trying to figure what was wrong as he is RARELY ill.

I was completely caught off guard the next morning when I looked in his mouth and saw that one tooth was nearly aligned and the second and 90%! AMAZING! His jaw was shifting!!! The next shift occurred with a similar pattern. He had a high fever one day and the next he woke me saying, **“My jaw shifted again mom!”** Sure enough, a baby tooth incisor is now in front of the row of teeth and a permanent tooth has turned a bit to the side. (Unfortunately this movement shifted one of the nearly aligned teeth, but we are not worried at this point because we can see that his body is responding.)

Anyone who has ever worked with me has heard me say, “Reflexology AND....not just reflexology alone.” Following my own advice, and the advice of the physicians I had consulted, I took Rowen to see a [Cranio-Sacral Therapy](#) trained chiropractor. And you guessed it; the next day he opened his mouth to show me a huge gap between his upper teeth. I have taken Rowen to see her a second time, however no visible shift appeared.

We still have a lot of work to do and we will continue to work with this particular chiropractor as well as support the work with reflexology, and any other modality we find helpful! As of the writing of this, he still has not lost more than 2 teeth. So, this is very much a work in progress.

As a reflexologist, I have spoken to many parents who express concerns about dental issues, such as Rowen’s. Many have said, “Just let me know when you want to see my child!” And after working with Rowen and giving it a great deal of thought, what I have developed is a [individualized class](#) (series as needed) to work with parents so that they can work with their own children. My personal bias is that the bond that comes from working with your child with reflexology is priceless.

On a spiritual level, I believe that the best reflexology is the kind that allows for the highest and best for the being – not the forced will of another. And this includes forcing the jaw to move in a way that is not in the highest grace for the child. By working with reflexology, my hope is that parents will create a loving opportunity for the child’s being to be supported on their journey.

And on a practical level, by working with children yourself, you will be able to work for 5 or 10 minutes at a time and at times of the day that can flex around your schedule. And I will remain available to support the process. Naturally, if this type of work is not something you feel you are comfortable with, [I am happy to work with your child](#).