

Excerpts from Doctor Robert J. Rowen's

Second Opinion Newsletter

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Miracles of Medicine *Cure Sleep Apnea and Other Diseases Instantly*

Ronald MacDonald is my best friend in California. Don't laugh, that is his real name. Ron is 53 and has essentially lived in a prison for the last 30 years because of a serious health problem.

Ron's medical problem is a virtually lethal obstructive sleep apnea. He's been chained to a positive pressure air machine (CPAP) for 30 years. Even with it, he awakened 30 times at night, breathless and choking, and in indescribable fear. He had no dreams

(which occur during the restorative sleep state), never awakened rested, was exhausted all day, and often functioned like a walking zombie from no sleep.

Ron couldn't even go camping outdoors, and travel was limited. Should the power go out in a winter Pacific storm, as it did for days last year, the situation becomes catastrophic. He installed an emergency

generator just to power his CPAP machine. To function during the day, he had to take up to nine Ritalin tablets to control his anxiety.

Several weeks ago, I heard about a Tacoma, Washington dentist, Doctor Farrand Robson, doing miracles with mouth splints. The list of conditions his splint treats is incredible – everything from sleep apnea, like Ronald's, to fibromyalgia and more.

“Ronald now is sleeping through the night, dreaming for the first time in memory. He is off his daytime Ritalin and feels relaxed.”

My wife and I were planning to attend a seminar in Seattle anyway, so I decided to contact Doctor Robson. He peaked my interest even more when he told me he has not yet seen a case of sleep apnea that did not resolve with his method.

I called Ronald immediately and “ordered” him to come with us. Ronald joined us and brought his life-sustaining CPAP machine along.

We saw Doctor Robson on a Tuesday. A splint was molded for Ron, which lifted his tongue out of his throat. Instantly, he became more relaxed, his blood-oxygen

saturation jumped five points to normal, and he exclaimed, “I can breathe!”

Ronald now is sleeping through the night, dreaming for the first time in memory. He is off his daytime Ritalin and feels relaxed. His wife was startled to find him peacefully sleeping on the sofa – untethered. He was finally catching up on years of lost sleep.

Ron's sleep apnea isn't the only condition that Doctor Robson's splint has treated instantly.

In fact, many patients walk in with a problem and walk out of his office symptom free – and they don't take one single drug. And most of them are able to walk away from their prescription drugs.

Next month, I'll give you all the details on this fantastic discovery of Doctor Robson and how his methods may also help far-reaching conditions from fibromyalgia, chronic fatigue, and cardiovascular disease to multiple sclerosis, ADD, and more.

This is a story you will not want to miss.

New Discovery Relieves Sleep Apnea – and Back Pain – Instantly!

What if I were to tell you that all kinds of illnesses, from sleep apnea to hypertension to back pain, could be treated simply by fixing an obstruction in your throat?

And what if I also told you that you may not realize you have the obstruction?

You've read my repeated mentions of the problems injuries, scars, and root canals can cause throughout the entire body. Now a doctor has found that a blockage in your throat could be responsible for more illnesses than you can imagine.

I told you last month how Farrand Robson, DDS of Tacoma, Washington, provided a miracle to my friend Ronald MacDonald in one day. Ron suffered from severe sleep apnea and couldn't breathe while sleeping without the help of a machine. But Doctor Robson fixed his problem with one treatment. Ron now sleeps like a baby without any help from a machine.

What did Doctor Robson do that was so miraculous? He simply put a specially made splint into Ron's mouth and, presto, Ron was breathing without help.

Ron says, "Immediately, when Doctor Robson put the splint in my mouth, I felt a release in my throat. A wave of relaxation engulfed my body. Instantly, breathing took no effort. Living in the fog of breathlessness for years, I mistook even daytime breathing effort for 'normal' and now realize that I was struggling for air even while awake. At 53, I have been reborn thanks to Doctor Robson's work!"

While Ron's ordeal and successful treatment were stunning, Doctor Robson showed me that it isn't unique.

Take the wife of Doctor Allen Sprinkle, a Fort Worth dentist, for example. He was training under Doctor Robson because his wife was treated successfully with this therapy. She had to sleep sitting up with her head forward because of thoracic outlet syndrome, which is due to compression of the nerves in the throat area. The abnormal head position is what kept her airway open while sleeping.

No other doctor was able to help her at all, but she was pain-free in weeks simply by inserting one of Doctor Robson's splints. Amazing!

But sleep apnea is only one of the illnesses these splints can help. Doctor Robson has used them to treat dozens of illnesses that are seemingly unrelated.

And while the healing abilities of this treatment are truly astounding, the real intriguing story is that it gets to a primary cause of why people get sick.

Through the years, Doctor Robson has noticed parallels in a variety of conditions – they all seemed to have TMJ dysfunction in common. So he went into treating TMJ, but soon found that TMJ itself was secondary to an even deeper condition, which when treated, resolved the TMJ.

You've read many times in these pages about oxygen medicine and balancing the autonomic nervous system (ANS). Doctor Robson showed how his splint brings both of these fields together. When your throat has an obstruction, it not only cuts off your oxygen supply, it also causes the rest of the body to respond negatively.

Doctor Robson maintains that the throat can be the largest disturbance to

your ANS. This part of the airway is held open by the constant contraction of muscles, keeping the tongue from falling back and closing it. The muscles require adrenaline for this function.

When an obstruction occurs, either through genetics, injury, or stress, your body must produce extra adrenaline to help your jaw and neck muscles keep the airway open. Even the slightest closure of the airway will ring stress alarms.

Adrenaline is a hormone secreted by the adrenal gland in response to stress. It stimulates autonomic nerve action, and the "fight or flight" response. Your body needs adrenaline to survive, but too much is damaging. Muscle cells can go into hyperdrive, causing them to waste magnesium. Feelings of stress, anger, and panic will arise.

Magnesium is critical for energy production in every cell in your body. Deplete it, and you lose your energy. This is a root cause of almost any chronic or debilitating condition, such as fibromyalgia or chronic fatigue (CFIDS). Both of these are known for decreased energy production.

When the oxygen flow is fully restored, your body stops producing the excess adrenaline. Magnesium levels are quickly restored. The result is a relatively quick and significant boost in your energy level.

Just ask Jody Finn, now 25, about fibromyalgia. Jody says, "My fibromyalgia pain started at age 12 after a car accident. The

pain quickly became horrible – 10 on a scale of 10 – and I literally became disabled. I had irritable bowel symptoms, terrible stomach acid reflux, and regurgitation. I had two surgeries, one on my knee and one on my tonsils. I was always exhausted and never felt rested. I even saw a psychiatrist and had hypnosis. Surgeons, having struck out twice, tried and failed to get me to do a thoracic outlet surgery. I tried every drug in the book (Prilosec, NSAIDs, muscle relaxants, etc.)”

Robson explains that Jody’s fibromyalgia was nothing more than her body’s normal response to maximize its oxygen supply. Adrenaline poured out to open her airway by tightening her throat muscles. But the excess adrenaline wreaked havoc on the rest of her body.

“Immediately with the placement of Doctor Robson’s appliance, I felt dramatically better and relaxed,” said Jody. “My cold sensitivity decreased. My need for thyroid replacement dropped, the reflux stopped, and within months, all the fibromyalgia pain cleared!” Jody was previously disabled, but she’s now gainfully employed as an office assistant for Doctor Robson.

(By the way, adrenaline is also a key component in high blood pressure. Reduce your body’s production of adrenaline, and your hypertension might disappear!)

So far, you’ve seen how Doctor Robson’s device can instantly relieve sleep apnea and quickly restore energy to the weakest and most rundown people. But what about neck and back pain? Or spinal degeneration?

Well, your back pain could be more than just a lack of chiropractic adjustments.

Take my case for example, as I was fortunate enough to be one of Doctor Robson’s patients.

You already know I take great care of my body. Not only do I tell you how to live a healthy life, but I also follow my own advice. What I didn’t realize was that I was already beginning to lose some of my height due to cervical spine degeneration.

I’ve had long-term upper back muscle tightness and knots. I thought it was due to my older and bigger brother beating on me in childhood. I can’t blame him anymore. Doctor Robson showed me, on X-ray, how degeneration and an abnormal reversal in my neck curve was actually protecting my airway size.

He also showed me that my “postnasal drip” and frequent throat clearing could be due, not to an unknown allergy, but to the change in my anatomy. The X-ray even showed a totally obliterated disc at C6-7. (I enjoyed blaming my brother for that one.)

After Doctor Robson inserted my new splint, my height immediately increased one-half inch! How could this happen?

A subsequent X-ray gave me the answer. The C6-7 disc was now visible and the reverse curve had corrected in the lower two-thirds of my neck. This partial correction of my vertebral column increased my height to what it was in high school. The splint actually restored a collapsed disc on the spot!

Not only did I grow one-half inch, Ronald and my petite wife showed the same amazing results. Once they were no longer required to protect the airway, the throat and neck muscles could relax, restoring normal function, anatomy, and full height.

Doctor Robson’s term for this phenomenon is “adaptive remodeling.” He said, “Your pain and degeneration are actually your friends, your body’s way of protecting its most important requirement – its oxygen supply.”

This next case caught me totally by surprise. Gregg Welch, 46, a contractor, over several years developed a perplexing array of symptoms. He suffered from visual field loss, leg numbness, intractable leg pain, and more. By 1993, tipping his head forward caused lightning bolts to fire down his arms.

Orthopedists could not find a cause, and he was sent to a neurologist who found MS lesions in the white matter of his brain. (He previously had a negative spinal MRI.)

“I was walking like a drunk,” he said. “I saw the most esteemed MS specialist in the Puget Sound area. After heavy doses of steroids, my retina blew out. I could not read fine print, even with glasses. I could not crush a potato chip in my left hand. Totally physically disabled, I considered suicide. I went for prayer. The only thing that kept me going was my projects and my adrenaline rushes. My wife, who saw and was helped by Doctor Robson for her neck pain, referred me to him.”

On the second visit, Gregg’s appliance was placed in his mouth and immediately he was able to reach a stunning 170 pounds pressure with a grip meter. Gregg’s vision improved immediately (although he needed laser surgery because of the steroid “poisoning”). His gait returned. His house-shaking snoring is gone, and he began dreaming again.

Gregg’s “MS” is gone, thanks to an astute dentist who recognized the havoc Gregg’s airway obstruction was wreaking on his body. Could MS be more than white matter lesions physically short-circuiting the brain, as dogma now holds? Why

is it that brain lesions in MS patients are poorly correlated with symptoms, and how is it that these lesions can come and go so suddenly?

What I found absolutely astounding was that the moment Gregg's splint was removed, his shocking grip of 170 pounds disappeared and the paralysis returned!

Honestly folks, if I had not been at Doctor Robson's office to interview Gregg and witness my immediate X-ray changes, I would have never believed such a story!

I've spoken with Doctor Robson's students who are employing the technique. They are ecstatic at what they're seeing, and confirmed everything I've reported here.

Doctor Michael Pecenka, who practices in Strongsville, Ohio even told me of a woman with terminal ovarian cancer, given up for dead by the Cleveland Mayo Clinic. After airway correction, her tumor marker dropped from 268 to 32 in just weeks, and she had a corresponding dramatic clinical improvement!

So how do you know if you're

a candidate for Doctor Robson's therapy? Obviously, if you snore, I recommend seeing Doctor Robson or a dentist trained in his practice as soon as possible. I also suggest you receive treatment if you're significantly overweight, as the splint may help you breathe easier.

What can you expect from Doctor Robson? First, he takes your detailed history. Amazingly, people with the airway problems fit into predictable patterns, regardless of the presenting complaints. He pointed out things happening to Ron that only Ron could know, unless those effects were expected.

Impressions of your teeth are taken along with cervical X-rays, which reveal the anatomy of your spine and throat structures. A splint or appliance is fashioned, which pulls the lower jaw forward. This is the key to relief of the airway. Robson then employs painstaking and labor-intensive maneuvers with a white paste on the appliance to see where the tongue has drifted. By tongue impressions on the paste, he adjusts the splint. This finely tunes the splint to treat nerve endings in the mouth.

Very few health professionals, except those adept at neural therapy,

are aware or understand the meridian/nervous-system pathways to the teeth and mouth. Your peripheral symptoms may just melt away in the chair with the proper regulation of the ANS and ability to breathe normally.

The great news is that there's an instant cure for your snoring or more severe conditions like those above. The bad news is that few professionals are trained in this work. Doctor Robson is conducting seminars for interested dentists. His mission now is to educate professionals who can bring this work to you.

You can find out if there's a dentist in your area by calling Doctor Robson at 800-977-1945. If there's not, I urge you to take this article to your dentist and implore him to contact Doctor Robson for information and training. These methods could likely change your life, as it did for Ron, Gregg, and the others. If your dentist is willing to listen, it will likely forever change his or her practice habits. It did for Doctor Robson.

Doctor Farrand Robson and Oral Systemic Balance (OSB) would like to thank Doctor Rowen for allowing us to reprint the preceding articles for distribution.

For additional information regarding the therapeutic system described in these articles, please contact the OSB office at (800) 977-1945.

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