



THE CAUSE OF PROBLEMS

by AdaptiveTensionTheory@gmail.com

The Curable Cause of most Mental Illness, Chronic Pain, and Close mindedness



[Please print out for ease of reading]

Disclaimer:

[Please note that I do not claim that this knowledge is the cure to all problems. Some problems are genetic or environmental by nature. However, this theory is meant for problems affecting the general population.]

PURPOSE

Those who see this Paper will come to understand that the knowledge possessed here is capable of solving most problems. By continuing to read this paper in its entirety, you

consent to baring the burden of understanding the cause of people's suffering. However, those who read this will find no greater reward in life than understanding this knowledge.

MY INTENT

I hope others use this knowledge to heal themselves promptly, and furthermore to aid me in my own healing process. You will come to understand that the healing process to a large extent is interdependent on other people.

TABLE OF CONTENTS:

Instructions

Introduction

The Most Important Novel Ideas of this Paper

The Big Idea in Short - Adaptive Tension Theory

The Observations Leading to these Ideas

The Assumptions We Wrongly Hold

The Terminology of this Paper

The Cause of Problems: Adaptive Tension Theory

Adaptive Tension Theory

Examples - Proofs of Concepts

Links

The Benefits of Integration

Our Greatest Problem - The Dental Dilemma

The Even Bigger Idea - The Cause of Suffering

The Panacea of Problems - Integration Theory

Integrity - The Panacea

True Integrity - The Path to Utopia

Integration Theory - The Process of undoing MindBody Dissociation

Disorder The Prevention of Problems

Our Children

The Tutorials

The Path Forward

The Steps Of the Individual

The Steps Of the Society

Conclusion

Reality Check

Links

INSTRUCTIONS

Print and Check them off.

1. Read through this document.

2. Use the links to see the described patterns.
3. Observe patterns in people around you.
4. Find someone you trust and share this with them
5. Make an Integrity Journal: When you make changes in your life describe the state of your mind and body.
6. Make one of the dental changes described below and journal how you've changed as a person. (Once you've seen how much of a difference that change makes, you'll understand everything that I'm talking about.)
7. Practice the exercises under Tutorials.
8. Contact me for further discussion.
9. Help your friends make changes.
10. Help society make changes.

INTRODUCTION

Overview:

In this paper, I argue that the fundamental path to healing is an instinct that can be harnessed at the price of temporary suffering. I argue that people have the natural ability to heal, but in the face of overwhelming obstacles cannot heal until their luck changes. When the obstacles become less overwhelming, the individual has the motivation to bare any necessary suffering required to heal.

Through Suffering at the appropriate time, We can undo further suffering.

The Most Important Novel Ideas of this Paper

Cultural Disorder - A maladaptive pattern that occurs amongst the majority of the population. Social pressure to fit in perpetuates the behavior.

Permanent External Tensor- Anything artificially placed into or onto the body that causes a change in the physical tension and mental state of the body. The change is called a MindBody Dissociation Disorder. Because the Permanent External Tensor cannot be removed consciously, one gets trapped in a state of chronic tension leading to Adaptive Tension Disorders. Examples include permanent retainers, dental sealants, cavity fillings, and surgical implants.

Removable External Tensor - An artificially placed substance on the body that is removable. They cause temporary Adaptive Tension Disorders. The subconscious doesn't dispel of these Removable External Tensor in order to satisfy a conscious need of the person. Persons with MindBody Dissociation Disorder are more likely to use more Removable External Tensors as they don't understand the impact it has on their MindBody. Examples of Removable External Tensors: dental retainers, glasses, contact Lenses, clothes, underwear, overwear,

belts, backpacks, bags, weights, socks, and shoes.

Drug Tensor - Any drug ingested that changes the normal functioning of the mind and body causing Adaptive Tension Disorders. Examples include alcohol, caffeine, prescription drugs, recreational drugs, and toxins.

Inner Eye- A cognitive state characterized by focus on internal feelings as opposed to focusing visually on the environment. This cognitive state is capable of revealing someone's true feelings.

Outer Eye- A cognitive state characterized by the focusing of the eyes on the environment. This cognitive state is capable of suppressing stress and is often used as part of Eye Desensitization Therapy.

Merged Eye - The cognitive state where there is no dissociation between visual awareness of the environment and one's feelings. One cannot be in this state if they have MindBody Dissociation Disorder. The entire mind and body works extremely efficiently in this state.

Apathy Disorder - The disorder is defined by the apathy of the person causing someone else pain and trauma. In the case of DDD, the person causing trauma is the dentist. (This is very similar to how religious cultures persecuted other religious cultures that they thought were barbaric.)

MindBody Dissociation Disorder (MD) - Not too much different from Dissociative Identity Disorder, MD acts subtler and leads to Adaptive Tension Disorders. An external tensor is the cause of MD, which is why it cannot be cured without extracting the tensor. The body is not capable of removing it on its own. People with MD often believe the Mind and Body to be separate systems.

Dental Dissociation Disorder (DDD) - The dissociation that occurs throughout one's mind and body after going through dental trauma. The trauma is reversible if the external tensor is removed.

Traumatic Denial Effect - An adaptive change that occurs when a person switches between inner eye to outer eye. It creates false calm and allows someone to psychologically relax. To go back into a state of outer eye, the brain must change its belief system. The brain gets you to believe that maybe there is no problem, and that "my muscles are just tight," or "my teeth just grind". This is partly the reason why this MindBody Dissociation Disorder has gone unnoticed for so long. Your Body doesn't want you to know it exists. That is what makes this disorder so challenging for our society to come to grips with. We are out of touch with reality.

Surgically-Induced Fascial Trauma - A trauma that remains in the MindBody due to damage to the connective tissue during surgery. In order to let go of the trauma that occurred, they will have to do fascial release on their body to try to heal. They will have to accept that they must heal their own body through massage.

Inter-social Stress - A stress response induced by the stress of nearby people. This

occurs both in physical proximity (The body emits particles when stressed that communicate stress to other people) and through visual cues such as noticing someone's limited mobility or bodily trembling.

Total Tension Load- The quantifiable tension in the MindBody. The total tension load of the Self is ideally zero when the body is resting. Physical Tension is created by External Tensors. Social Tension is created by Inter-social Stressors. Psychological Tension is created from stress.

Adaptive Tension Disorder(s) - A disorder of the Mind or Body characterized by external tension on the body which can be converted into different parts of the Mind or Body. This includes Chronic Pain, Depression, Nausea, Anxiety Disorder, Lack of Creativity, Dissociative Identity Disorder, MindBody Dissociation Disorder, Dental Dissociation Disorder, Immunological Disorders such as asthma and allergies, Hypertension, and all other stress related conditions. The individual's subconscious prioritizes whichever disorder they primarily are affected by.

The Matrix Phenomenon- The phenomenon where a person with MindBody Dissociation Disorder continues to form beliefs and take actions that create more adaptive tension in their body. One becomes trapped in a Matrix of erroneous beliefs about their mind and body.

Integration Theory- The Theory that chronic stress and trauma can be reversed through use of the inner eye (being willing to suffer psychologically).

Claims:

Our Society is Suffering from a self-perpetuating collective trauma. The capabilities we had as a child can be restored. Chronic Pain, Weakness, Depression, Anxiety Disorders, Mental Disorders, Laziness, lack of motivation, lack of emotional expression, Tiredness, lack of charisma and Social Anxiety, teeth grinding, inflexibility, lack of mobility, most preventable disease and all other stress-related phenomenon are interrelated and have a singular cause which can be measured. Adaptive Tension Theory explains the cause of these problems. Integration Theory describes the cure to these problems.

Our continued suffering is caused by suppression of instinct by erroneous socially imposed beliefs. Healing requires faith in oneself and trust in instinct. A healed person is extremely capable just as any other animal in the animal kingdom.

The General Problem Addressed by this Paper

The collective trauma our society is suffering from is our distrust and dissociation from our bodies. People have begun to believe the body to be a separate entity from them. The trauma inside protects itself through the belief that showing your true feelings deep inside is wrong, and that doctors know our own body better than we do.

The Specific Problems Addressed by this Paper

The Specific Trauma that is widespread in our society that affects us is the placement of artificial structures onto the teeth. This trauma protects itself by the erroneous belief that our teeth do not possess the ability to feel and sense when something is on it, and that artificial structures in the mouth do not cause distress to the body.

The Specific Other Problems Mentioned by this Paper

Any foreign substance placed in the body interferes with its flow and causes Adaptive Tension Disorders. The reason the body can't self heal is because of protective beliefs such as, it needs to be there otherwise I would get hurt. If you get rid of that belief your instinct would lead you to the action of removing the substance one way or another. Often doctors will implant things into people in the hopes that it aids someone's condition, when in reality the true cause of the problem was whatever was causing the Adaptive Tension Disorder in the first place, and now the body has an increased Tension Load leading to yet worse Adaptive Tension Disorders.

The Big Idea in Short - Adaptive Tension Theory

Depending on how you manage your perceptions of reality consciously; your body, mind, beliefs, and awareness will adapt via the subconscious to redistribute stressors such as soothing beliefs, physical stressors, psychological stressors, inter-social stressors, and more.

When you are not true to yourself emotionally, physically, instinctually, or socially, you get tension in your body. The tension usually becomes trapped due to a physical barrier, but will express itself differently depending on how you need to adapt to your environment. There will be stress in your subconscious until your subconscious has no reason to feel stressed, and that stress will manifest itself one way or another. By identifying the sources of stress, and rethinking their situation, the individual has the ability to undo the Tension build-up.

The Observations Leading to these Ideas

Primary Phase

- When I was younger I recall feeling creative, energetic, and capable.
- I went through inexplicable pains in my body as I entered my pre-teens. - I began fearing my body.
- As I grew older, I noticed I was becoming less energized and spontaneous. - I felt something wasn't right about the world around me.
- I noticed most people weren't creative, capable, or philosophical.
- I noticed adults were subdued, close-minded, and cynical.
- I went through inexplicable knee trauma in my teens.
- I began fearing my knee.

Isolation Phase

- Those inexplicable pains resurfaced during COVID-19 as the pace of my life slowed. - I suffered with anxiety for the first time in my life. My body made me anxious. - Others thought I had mental anxiety as there was nothing wrong with my body. - I knew I had no reason to feel anxious, but my body had betrayed me and wouldn't heal.
- I suffered with chronic bodily pain and fear of motion for months.
- I nearly lost myself.
- I researched about my condition extensively.
- No therapy worked.
- I learned about Fascia and felt some relief from massage.
- I learned about how Trigger Points cause pain in one part of the body, even though the source of tension is elsewhere.
- I learned that Fascia is the mechanism for this redistribution of pain and tension.
- I learned about the Postural Restoration Institute Theory, and noticed that my body was trapped in a state of chronic stress.
- The Postural Restoration Institute Exercises did not fix my state of body stress. - I learned how healing fascia was the means to rebalancing the muscles, not doing muscular stretching or strengthening.
- I considered the idea that my eyes could heal from myopia. My eyes did not heal from myopia even after months of not wearing glasses.
- I noticed how tight pants worsened my pain symptoms.
- I noticed how my body stress state decreased when I didn't wear

shoes. Orthodontic Phase

- I began to think about other sources of tension in my body.
- I asked my orthodontist to remove my permanent retainer.
- I noticed that I completely changed as a person.
- I had found something that actually worked.
- I thought my suffering was over.
- I started getting morning nausea and my jaw moved weirdly.
- I noticed my jaw gravitated to the left when I tried to relax.
- I noticed that when I tried to relax, both my legs felt soft and flexible.
- I tried to get my jaw to rest; my jaw could not rest.
- I assumed the orthodontist had moved my teeth at the wrong angle to my jaw, so I would need to readjust my teeth with more orthodontics.
- Various orthodontists saw that my teeth were in line with my jaw, and that my jaw was in fact moving to the left when I relaxed.

TMJ phase

- I researched about TMJ disorder.
- I observed that TMJ patients stated that their TMJ started when they had gotten fillings when they were younger.
- I started to connect the dots.
- I asked my body what it was trying to do.
- I found a pick for teeth and let my instinct guide me to where it needed to go.

Pick Phase

- I observed that as I was picking at my teeth, I tasted disgusting foreign substance coming from the tooth that made me want to throw up.
- I observed that with each significant pick, my vision changed, and my jaw moved less, and my entire body felt more relaxed.
- I observed less tunnel vision, and less myopia in one eye, as well as more 3D awareness
- I observed my jaw grinding less intensely.
- My morning nausea went away.
- I observed heightened sensation coming from various skin parts such as my hands and back and chest.
- I observed increased ability to adapt to foreign accents, and to speak in foreign languages.
- I had more willpower and less social anxiety.
- I became more clever socially.
- I had increased perception of how others around me were feeling.
- I observed my right shoulder and right leg loosening up significantly, while my left was still a bit tighter.
- Most of these changes came from pickings on the right side, where there was a cavity filling.
- I observed blood coming from the tooth.

Awareness Phase

- I began to look for solutions to healing back cavities.
 - I discovered someone online who was told they would need a root canal.
- (Mr.ShortgameGolf)
- He refused to do so, and instead used oil pulling, and it completely recovered. - I observed how he moved and talked and was amazed.
 - I had never seen anyone like him, who like a child, possessed the ability to move fluently, talk confidently, and think clearly.
 - I began to observe various celebrities and people to see how they moved and talked. - I made sure to not see what I wanted to see, but how things really were. - I realized I could do that by resting my eyes and body completely.
 - Doing so was very stressful psychologically.
 - I observed that the stress of my body seemed to have transformed into psychological stress.
 - I observed that my perceptual abilities were astonishing in this state, but not perfect. - I realized those immediately around me in my life had become very drained, and didn't realize it.
 - I compared my perception of each friend's stress level to the amount of cavity fillings that they had gotten and found a correlation.
 - I realized that most celebrities and people on TV had some moderate degree of tension.
 - I could look in my own eyes and see who I truly was, and how drained I was. I had never understood the person in the mirror before.
 - I realized I was picking too many different teeth for the problem to be just cavity fillings.

- I went to the dentist.
- I was informed that I had had sealants placed on all of my molars at some point, and that sealant wears down until only sealant that doesn't make direct contact with the opposite tooth remains.
- I realized I still had sealant in multiple teeth.
- The dentist did not follow my request to get the sealant out.

Stress Phase

- I realized just how extreme the barriers were to getting medical care per your request.
- I observed I had the ability to stand up for myself and take action on my own without relying heavily on my parents.
- I began calling many various dentists to try to find one to help me.
- All the dentists denied me.

Post-Stress Phase

- Finally, I couldn't handle it anymore. I realized that all my beliefs, emotion, perception, and body were the same. I felt myself surrounded by the emotion of agony. - We went to an emergency dentist and I continued to allow myself to feel what I was feeling.
- Someone saw me and asked, "Am I okay?", and for the first time in my life, I had the courage to tell him, "NO, I'm not okay."
- I could feel the person deep inside; I could taste the memories of who I was. - It was an overwhelming feeling so close to restoring myself, only for the dentist to be uncooperative.
- The dentist used an XRAY machine which made me feel off.
- They started putting me through more and more imaging of the teeth, and each time it continued to throw me off.
- I went home having made no progress in getting the sealant off.
- I felt sick inside and drained and began craving unhealthy comfort food. - I could not handle the sensation that the XRAY had put me through.
- I crashed that night and let my self-perception fade, so that I could rest. I let myself get comfortable to the best of my ability.
- I desperately sought any form of comfort.
- That night I sweat profusely for 10 hours.
- The next day I began to feel a bit better and started writing this very paper. - I let myself seek some comfort as I wait for my body to heal from the XRAY. - I wait in hopes that this message may reach someone powerful enough to get their foreign teeth particles removed, and to observe the difference of who they are as a person. - I wait, knowing the cause of my lack of fulfillment in life and of all the depression of my friends and peers. I wait awaiting who I will be. I keep the agony hidden deep inside for now, as I write, and wait; the agony I didn't even know I had suppressed due to my belief that cavities can't heal, and furthermore due to no dentist being open-minded enough to help me. - I keep all energy-changes in a journal so that way, when I allow myself to relax, I do not doubt my faith in what I have observed and learned. Belief itself is stressful and you can feel it move into your body or into your mind.

Current Phase

- I got my sealants removed and noticed stronger sense of taste and less Mind-Body Dissociation

ASSUMPTIONS

The Full List of Problematic Erroneous Assumptions (In Regards to this Paper)

[Parenthesis () Signal a response to that assumption]

Assumptions Regarding Knowledge Itself

- Challenging assumptions is arrogant
- Challenging assumptions is a waste of time compared to other world

issues. **Assumptions Regarding Problems**

- Shit happens (No, Shit happens for a reason)
- You can't fix some problems (You can always try)

Assumptions Regarding the Mind

- Your mental state doesn't affect your body.
- Our attention is always on what is most important for our health and self.
- If the Mind moves on from trauma, the Body has also moved on.

subAssumptions Regarding Feelings

- Showing your emotion is childish
- Emotions are illogical
- Mental Issues are not a choice
- Mental Issues are a choice
- Most people who are happy do not have mental issues
- Most people who think they are happy are actually happy.

subAssumptions Regarding Desire

- I desire what I desire because that is who I am.
- People get hooked on drugs, alcohol, social media, sugar, and caffeine because the pleasure is too overwhelming to resist; it is just human nature.
- People get addicted because they are lazy and don't care about their health or

others. **Assumptions Regarding the Medical System**

- The medical system knows your body better than you do
- Some parts of your body just don't serve an important purpose and can be removed like the wisdom teeth
- The medical system is not wasting billions of dollars through investing in ineffective therapies.

subAssumptions about Subduing and Suppression

- Subduing the fascial system is a fix for fascial problems.
- Subduing people with drugs is a fix for mental problems.

Assumptions Regarding the Body

- It is normal to have difficulty with something physical in your body.
- Your body doesn't affect your mental state.
- Putting something abnormal into your body will not necessarily throw it off.
- It is okay to feel afraid or disconnected from a part of your body.

SubAssumptions Regarding Muscles

- Muscles get tight.
- You can fix your posture by exercising different muscles.
-

subAssumptions Regarding the Eyes

- Changes in eyesight happen spontaneously and cannot be understood.

subAssumptions Regarding the Teeth

- Teeth can't feel.
- Teeth can't affect other parts in your body.
- Irritation of the Teeth can't affect other parts in your body.
- Man-imposed Irritation of the Teeth can't affect other parts in your body.
- Teeth can't heal.
- Teeth don't know how to be straightly aligned.
- We don't have enough room in our mouths for wisdom teeth.

subAssumptions Regarding the Nose

- Some people just can't smell well

subAssumptions Regarding the Immune System

- You can't get rid of allergies

subAssumptions Regarding Beauty and Appearance

- Inexplicable body asymmetry is normal, as nobody's perfect.
- Beautiful people are not relatively healthy people.
- Beauty is subjective, not objective.
- Beauty cannot be measured by technology or people's subconscious objectively.
- If someone is looking straight ahead, their body is aligned straight ahead.

Assumptions Regarding Society

- The welfare of other people is not my responsibility.
- Doctors know what's best for you, as they have a medical degree from a college.
- The current state of medical knowledge is well-developed compared to the rest of our knowledge.
- Current Scientific Institutions are practicing the scientific method thoroughly and holistically.
- We won't be able to organize an effort to eat healthier in this country.
- Mental Issues do not have an environmental or fascial cause.

TERMINOLOGY

The MindBody - The inter-connected mind and body complex that manages your beliefs and desires in order to adapt to the environment.

The Self - The current state of one's Mind-body

Integrity - The harmony of Mind and Body.

Disassociation - The discord between Mind and Body.

Collective Disassociation - The phenomenon where a group of people are disassociated and make decisions that make their own children dissociated in order to conform to cultural norms.

Stress - The sense of discomfort we get when we are motivated to protect our

Self. Inter-social stress - A stress response induced by the stress of nearby people.

Psychological Suffering - The state of self-induced panic and motivation that allows one to see truth at the price of psychological discomfort.

Coping - The state of self-induced subduing to manage a harsh truth.

Problems - Issues that interfere with obtainment of happiness.

Belief System - The internalized structure of one's beliefs that give one a sense of understanding of how the world works.

A True Belief System - A Belief System that conforms to all of one's observations and has no loose ends.

An Unbalanced Belief System - A Belief System that does not conform to all of one's observations and has loose ends.

A Warped Belief System - An adaptive response to stressors that occurs when the stressor is overwhelming. One's Belief System subconsciously blocks out information that directly contradicts their Belief System. Often this change is made to reduce anxiety.

A Stressed Belief System - This causes considerable conscious stress the more someone gives in to an uncomfortable True Belief. It is characterized by a motivation to respond to the stressor.

Self-Lying - Beliefs that exist in the moment as we try to cope with stress. The easiest way to detect it is when you fear physical touch of a part of your body. However, it can also occur at anytime during the process of thinking. Slow thinking = self lying.

True Sight - Perfect visual, spiritual, and intellectual vision. It is more stressful the more disassociated one is.

True Sight Practice - The process by which one makes sure they are believing correctly by observing their physical and mental speeds and whether or not it slows down or not. The pause is sign of self-lying.

Faith - The thing you need to have to undo an Unbalanced Belief System.

Belief Feedback Loop - A physical change in the body that occurs when someone adopts an erroneous belief. The physical sensation is a feedback loop that lets you know you are lying to yourself. This also manifests through pauses in the flow of consciousness as beliefs imposed by society come into your head. (Examples include teeth grinding.)

ADAPTIVE TENSION THEORY

Adaptive Tension Theory

Assumptions

Journal Entry

Proofs of Concepts

Links

The Basic Idea of Adaptive Tension Theory:

Your body, mind, beliefs, and awareness will adapt via the subconscious to redistribute stressors such as erroneous beliefs, physical stressors, psychological stressors, and inter social stressors. There will be stress in your subconscious until there is no reason to feel

stressed, and that stress will manifest itself one way or another. You can consciously evaluate the state of stress in your Mind-Body (aka the amount of tension) by using the inner eye (resting your eyes and body). You can dissociate from the amount of stress in your Mind-Body by using the outer eye (Looking at things). The stress of perceiving the truth is required to undo stress. The internal eye leads one to the truth. When the internal eye and external eye become one, you become your True self.

Assumptions

- Lower "Tension Load" leads to happiness, relaxation, good health, and good perceptive abilities.
- Having zero "Total Tension Load" leads to a complete reset of your perception of who you are.

Journal Entry 1:

When we tune in to how someone is truly feeling, we see the truth about how stressed out people in our society are which has the effect of creating stress in us. We can either mentally block it out, in order to focus on the conversation, or we can focus on it, but have more difficulty focusing on what people are saying. MindBody Dissociation Disorder is the recognition that having Adaptive Tension Disorders is not a permanent state, but a reversible and curable disorder.

If you have a problem in your life, there is generally one main culprit. It is due to discord between the different manifestations of the mind and body which is collectively called the "Self". The Self is all of our sensations of body, mind, belief, perception, and the subconscious. When people have an illness somewhere in the Self whether it be in body or mind or belief, it leads to a sense of something being off. Simultaneously, a person may feel disconnected from some part of their Self and learn to fear that part of themselves consciously and subconsciously.

Journal Entry 2:

Don't wear visual enhancements. Don't try to look or stare at anything. Make your concerns about you. Now, you need to let go of the belief that muscles get tight. Allow your body to move however it wants to, until you actually feel something (emotionally or your body trying to move into a certain odd posture). When I do this all the way, my legs become light and everything else in my body becomes light. I feel no pain, and I feel agile. However, my jaw starts to shift and my tongue. Going all the way, and letting go of any beliefs that interfere with getting my mind to sense how my body truly feels, allows the truth to reveal itself. I start sobbing uncontrollably, and instead of telling people "I'm okay" when they ask me if I'm okay, I state the truth. I start fixating on the idea that "I WANT MY CAVITY FILLINGS OUT!" It is a true feeling and emotion that makes me feel real unlike any other idea or thought. However, saying that to a dentist does not work. You cannot get your cavity fillings removed, because the dentists believe what they are doing is right, and their belief system is fixated on the idea that what they are doing is right.

We cannot win against the truth with soothing lies. The more we give in to the idea that retainers, cavity fillings, and sealants are okay to be in our mouths, the more our beliefs become warped in an attempt to understand what it is that we are doing wrong. We begin believing that muscles get tight and that we get bad posture because we are always bending over to look at our phones. We begin to believe that we are just being too active and that our joints can't handle the stress. We make up whatever belief we must in order to explain how reality works, while holding on to the assumption that our teeth need to have cavity fillings in it in order for our teeth to be safe, and for us to be happy. Instead of trying a different approach such as using oil pulling and eating a healthy natural and low sugar diet, we've given in to a much more debilitating alternative. We further tell ourselves, cavities couldn't possibly self heal, because we observe that people who get cavities continue to get worse cavities. But people who get cavities tend to live a certain lifestyle of eating unhealthy foods. That doesn't mean that all because someone does have a cavity, that they cannot reverse the damage, by changing what they regularly eat, doing oil-pulling, and brushing their teeth more often. Furthermore, it also does not mean that someone would be happier with a cavity filling instead of having a tooth with a hole in it or loss of tooth.

The price of resisting the body is high. I argue that resisting the body is at such a high price, that all and every effort should be made to aid the body overcome its struggles rather than to fear it is not capable of healing. The price is depression, anxiety, chronic pain, lack of emotion, lack of feeling, and lack of understanding. You cannot be functional if you are holding lies inside of you in one form or another. You can feel how belief directly influences the body when that belief is contradictory to reality. What perhaps is the most challenging assumption for most people to let go of, is the idea that a whole society can get something so wrong about science.

We are losing the war against disease. We are losing so bad that people are committing suicide, going into mental hospitals, losing their purpose in life, taking mind-altering drugs both prescribed and recreational, all to just cope with the innate weakness of the modern man - no; that is an erroneous assumption. Man is not weak. But if man is not weak, then his cause of suffering is unknown. Until now. Because we've hidden from the true assumption causing us problems: the necessity of dental appliances. Whether its cavity fillings or braces, we torture our teeth and learn to fear them. So, are people ready for the truth? Are they ready to see just how much better they will feel if they just stopped negatively affecting their teeth? Take off the sealants; take out the cavity fillings. Get rid of the braces and retainers. Then take care of yourself by paying attention to how what you eat makes you feel. Does eating sugar make you feel crappy? Does it hurt the teeth and gum? Then, stop eating so much of it. Stop the endless cycle.

I read a book called "First Bite" which made me realize that not only do you crave more of what you are used to eating, but that what you want to eat is an emotional and cultural, but ultimately individual choice. You get to choose. You get to choose which food you like and which food you don't. I've never craved carrots more than now. The more my teeth are liberated from dental interferences, the stronger my sense of smell and taste becomes. Eating a carrot is more than enough flavor at this point. Eating anything is absolutely amazing.

It's worth noting that drugs such as alcohol and caffeine are rampant in our society. This further dissociates us from how we truly feel, and by making our bodies weaker and weaker

with each consumption of a drug, the body seeks more and more comfort. I would include sugar as being one of those drugs. The more the body seeks comfort, the more it is trying to escape from how it truly feels, and people lose their perception of what is going on in themselves and the world. We don't want to feel how we truly feel, because we are a mess and in absolute pain from layers of assumptions and beliefs, drugs, illnesses, fascial tensions from the tight things we wear on our bodies and feet, but especially and foremost the things implanted onto our teeth.

PROOFS OF CONCEPT

The Proof of Concepts and Examples

Structure

Susie Doesn't Know Why She has Foot Pain

Case Study

Structure

I will demonstrate my understanding of a scenario by contrasting the current medical understanding of the situation with the actual situation according to Adaptive Tension Theory.

The first paragraph: The current mainstream perspective

The second paragraph: Adaptive Tension Theory Perspective

Susie Doesn't Know why She has Foot Pain

Susie is having pain in her foot. She walks around all day, and then gets home only to find that her feet hurt and are becoming bruised. She ignores it for a few days, but it continues to get worse. Eventually, she goes to the doctor to talk about it. The doctor tries to understand the situation from his own experience, and since science is inconclusive about the cause of foot pain, he creates the best answer he can. He encourages her to try massage therapy, physical therapy, and to change up her shoes. It's also possible the doctor tells her to just ignore it. Susie returns home trusting the doctor's advice and tries the various prescribed methods. She begins to make these changes in her life, and notices the foot pain starts to get better. This brings her comfort. She is somewhat satisfied with the doctor, but regrets the burden of having to go to physical therapy twice a week and to wear new shoes that feel different. She ascribes the blame for her suffering on herself for not being strong enough physically, and also to the shoes. She fears her foot because she feels it is not strong enough to not be in pain. Eventually in a few years, she develops inexplicable knee and joint pains which she goes to get help for. She feels stressed out and blames different people for the stress: like loud dogs and angry people. She snaps at people and wishes she was a better person. Eventually, she develops cancer and becomes very scared. She survives but has become very frail and unable to move well. She loses faith in herself almost completely. She eventually dies dreaming of the person she thought she was going to be when she was little, and not understanding why she couldn't be that person. She blames herself for not taking chances. And then she fades away in silent contemplation of some faint remaining light in her heart.

Here is what is truly happening in this context according to the Adaptive Tension Theory

Susie is having pain in her foot **(A stressor such as a permanent retainer or tight shoes is putting her fascial system into tension overload)**. She walks around all day, and then gets home only to find that her feet hurt and are becoming bruised. She ignores it for a few days, but it continues to get worse. Eventually, she goes to the doctor to talk about it. The doctor tries to understand the situation from his own experience, and since science is inconclusive about the cause of foot pain, he creates the best answer he can. **(Some people get foot pain from walking around all day and some don't. In other words, there are hidden, non-understood problems which a lot of people just ascribe to chance and "everyone being different".)** He encourages her to try massage therapy **(temporary comfort)**, physical therapy **(temporary comfort)**, and to change up her shoes **(modify her shoe choices, waste money; depending on the shoe choice it could aid her or make her problem worse. A proper shoe allows for natural walking motion while providing protection from harsh elements.)** It's also possible the doctor tells her to just ignore it. Susie returns home trusting the doctor's advice and tries the various prescribed methods. She begins to make these changes in her life, and notices the foot pain starts to get better. This brings her comfort. She is somewhat satisfied with the doctor, but regrets the burden of having to go to physical therapy twice a week and to wear new shoes that feel different. She ascribes the blame for her suffering on herself for not being strong enough physically **(distrust in herself)**, and also to the shoes **(distrust of her shoes which never used to cause her problems)**. She fears her foot because she feels it is not strong enough to not be in pain. Eventually in a few years, she develops inexplicable knee and joint pains which she goes to get help for **(The tension in her foot has moved into the knee or other joints)**. She feels stressed out and blames different people for the stress **(Her brain can't handle the stimuli that are potential threats, so she is reactive. She actually believes that these things stress her out when in reality it is her Tension Load not being low enough to handle normal processing of the stimuli):** like loud dogs and angry people. She snaps at people and wishes she was a better person **(Getting in touch with the subconscious goal for healing)**. Eventually, she develops cancer and becomes very scared **(Her body is breaking down from the chronic stress)**. She survives but has become very frail and unable to move well. She loses faith in herself almost completely **(Symptoms of High Dissociation)**. She eventually dies dreaming of the person she thought she was going to be when she was little, and not understanding why she couldn't be that person. She blames herself for not taking chances **(Using Blame for Coping)**. And then she fades away in silent contemplation of some faint remaining light in her heart.

Case Study: The Benefits of Integration (True Story)

Johnathan has a pelvic pain disorder, knee pain, neck tightness, and high-levels of body anxiety, he doesn't feel stable enough to run anymore. He can't stand the pain and searches for answers, but can't find a cure. He then trusts himself and does extensive research. He discovers that fascia could be the key concept he isn't considering. He gets his permanent wire retainer in his teeth removed from his bottom teeth based off of that knowledge and discovers he has literally changed as a person. He doesn't need half the sleep he used to need nor does his body hurt 80% as much as it used to. He notices something is still off as he gets morning nausea and his jaw wants to shift to the left when he tries to rest. He assumes that the orthodontic wire had moved his teeth into a bad position compared to his jaw. Although, even

though his jaw does shift it doesn't provide him anything more than some temporary relief from nausea. He knows the power of fascia and how it has a goal of optimizing itself; thus it does not need help to fix his teeth if they were off. (Case and point: teeth shift after removing an orthodontic retainer because of fascial memory). He searches for answers and discovers a startling trend: when some people got fillings, they developed TMJ disorder immediately after for endless years. Finally, he reflects and stops thinking about his jaw shifting as his teeth being crooked, but as a goal of his body. Finally, he gets in touch with his instinct and realizes he is sensing the stuff on his teeth, and that his body is trying to communicate something to him that it can't fix on its own: That it wants it out. Johnathan lets himself pick some of it out, and feels so much better and faster. Better enough to write a whole report on his experience within a few days. Johnathan benefits by feeling better in his Mind and Body, but also feels worse by being able to perceive acutely the continued suffering of himself, his friends, his family, and his world.

THE DENTAL DILEMMA

“But, Montag, you mustn't go back to being just a fireman. All isn't well with the world.” — Ray Bradbury, Fahrenheit 451

We are living in a contemporary Fahrenheit 451 situation. Instead of taking care of our teeth, dentists are burning holes in them. Instead of sharing with us the joy of diverse foods, they seal off our ability to taste them.

Then, orthodontists will glue wires around the teeth to bend them to their will. When the teeth fight back, they prescribe permanent or nightly retainers.

Next, the doctors prescribe therapies and drugs as the person becomes tighter and sadder. Then comes the loss of one's identity and the deep suppression of self-actualization.

When that doesn't work it's time for surgery or suicide. Slowly the light inside dies, the person can hardly cry, but the sadness can be seen miles away.

All of it lost into the void of an apathetic world.

THE GRAND IDEA - The Cause of Suffering

In short, the cause of suffering is stress. I argue that stress can become trapped in the body from various traumas. I call this trapped traumatic stress “tension.” Tension finds a way of expressing itself whether it be through mental disorders or bodily tension. Stress can also be transferred from one person who has tension to another person. I call this social stressor “inter social stress.” Total Suffering is directly proportional to our Tension Load which means that having less tension results in less suffering and better Mind-Body connection.

The general cause of problems is not being willing to consciously suffer to see the truth. Consciously-perceived stress is an experience that people avoid to great extents, but it also our greatest tool for our survival in the long run. Suffering only exists when there is a reason to suffer. Conscious suffering is temporary and exists until Total Suffering can be reduced through action or until it is converted into bodily suffering, cognitive suffering, or some other form of adaptive tension. In order to stop consciously suffering, an individual has to change their perception of the truth.

Misperception of the truth can make your body feel tighter or make your teeth grind. This is a form of adaptive tension, and adaptive changes occur in the body when a deeper truth is being suppressed. Disbelief is the main coping mechanism to handle overwhelming subconscious stress. It is also how MindBody Dissociation occurs.

Training oneself to detect Denial Coping in oneself and others is essential for Integration and ultimately ending suffering. The whole effect being described here deserves a name. It is a false sense of calm, a false sense of normality, a false sense of reality. It is an illusion. I will call it the Traumatic Denial Effect. Undoing trauma, requires confronting suffering. Confronting suffering implies trying to fix it. And fixing it implies an end to suffering. For the moment. A moment of true relaxation, true capability, and a spiritual reawakening to who you are and who you want to be. What's better than that?

PANACEA - Integration Theory

Integrity - I will explain the main cure to problems

True Integrity - I will explain the ultimate cure to problems

Integration Theory - I will explain how one begins the practice of

Integration. Integrity

Integrity is the state of harmony between Mind and Body, and between inner and outer eye. It is, in essence, efficiency of the soul. It is effectiveness of Self. It is pursuit of fulfillment. It is relaxation, and it is peace. True peace.

Integrity is reached when there is no discrepancy between inner and outer eye. You will feel that there is nothing wrong with the world or yourself. Things will feel right. There is limitless energy as long as you have food to eat and sleep to dream.

Panacea

So how does being well cure all problems? For one, when you are well and perceptive, your ability to adapt is abundant. When your body works strongly, you are more durable and agile. You will be safer physically and mentally from manipulation and threat alike. When you no longer get MindBody problems, your problem is solely the world around you.

We humans know we have the potential to work together to make a thriving, Utopian society. At our full effectiveness, we are capable of working as a caring, loving team to create

an amazing reality. Without resolving the problems within our Mind-Body, we are left struggling every day to hold ourselves together. We need to be better and weller.

True Integrity

True Integrity takes the concept of Integrity a bit further. Integrity is mainly focused on creating harmony of MindBody for an individual through removing External Tensors. However, True Integrity is the next step of removing Social Tensors from an individual. Social Tensors come from our perception of other people's state of stress. We can perceive another person's state of Integrity whether it manifests itself blatantly (emotionally), or physically (poor posture, slowed mobility, slowed verbal processing), or a little bit of both. Social Tensors demand action just as External Tensors demand to be removed from the body. They demand you to help and to understand the other person's suffering. Some individuals just choose to escape being around stressed people because being around them is just too stressful. If an individual ignores Social Tensors from Sufferers, they will begin to feel bad in some other form such as getting physical or cognitive symptoms.

If an individual does not ignore Social Tensors, they will perceive the stress coming from that individual and will consciously be feeling it which may make that individual ask, "What's Wrong?!" Too often, the other person is in denial and will say they are having a great day today and don't know what you are talking about. Thus it is socially awkward to perceive the suffering of others if you can't do anything about it. Another issue that makes social tensors obscure is the fact that people are used to being around stressed people and become desensitized to it.

True Integrity is reached when you are not surrounded by Social Tensors in daily life. Hence, Utopia is the state of True Integrity for everyone. Everyone needs to be in a state of True Integrity, for True Integrity to be maximized in every individual.

Integration Theory

Integration is the process by which we allow ourselves to suffer consciously to see truth. This is done by having faith in the entire Self. The more you hold on to these two principles, the more you can perceive the truth and feel your suffering. However, the MindBody Dissociation Disorder does not become fixed until physical action is taken to remove the External Tensor causing the Disorder. Once the External Tensor is removed the Integration Process is complete. Completing an Integration is the most impactful way for an individual to understand MindBody Dissociation Disorder. The pleasurable results of the Integration increase the faith the person has in themselves. Once every External Tension is removed, the subconscious and the conscious is put at complete rest for the first time in many, many years. This brings overwhelming joy and sense of Self. The person has reached the state of Integrity. They are no longer dissociated in any way, and thus have a complete sense of self and purpose. They will understand the significant cost of dissociation on the soul, mind, and body, and wish to help liberate others suffering from the condition. We possess the ability to perceive the stress of other individuals, which creates stress in our own bodies or mind depending on whether we want to believe that the person is stressed or not. Just as one misperceives the state of their mind and body, one can misperceive the stress they are perceiving from other individuals.

People with poor posture, inflexibility, and poor mobility tend to be overall more stressed out and less satisfied with their life. It is not the poor posture, inflexibility, or lack of mobility that is causing their dissatisfaction, but simply that it is a holding pattern of subconscious tension that is expressing itself through those things.

THE FULL LIST OF BENEFITS OF INTEGRATION:

Physical:

- You don't get visual strain from staring at things for a long time
- No muscle tension
- No inexplicable body pains

Cognitive:

- Verbal Fluency
- Ability to adapt to foreign accents
- Ability to learn new languages

Mental:

- No fear of the body you live in.
- No sense of betrayal by your body.

PREVENTION OF PROBLEMS

- Eat healthier foods, do oil pulling, and brush your teeth.
- Carefully consider surgeries that require using anesthesia as anesthesia can leave your body in a MindBody Dissociation Disorder.

Our Children:

- Teach children through example, how to enjoy, prepare, and eat healthy foods.
- Stop taking children to the dentist beyond biyearly cleanings. Learn how to prevent tooth decay such as brushing your teeth and doing oil pulling.
- Encourage children to love their bodies.

- Encourage children to express their feelings and emotions.
- Don't try to tell them everything is okay when it's not, don't try to suppress their feelings.
- Most attempts to subdue a child is inappropriate and misunderstanding the problem.

TUTORIALS

Keeping an Integrity Journal

A Better Approach to Existing or Developing Cavities Letting Go of Surgically-Induced Trauma

Don't Overthink it

Seeing with the Inner Eye

Perceiving someone's level of Adaptive Tension

Keeping an Integrity Journal

It's simple. Each entry you observe how your body feels, who you are, and what you feel with your senses, and how you feel in your mind. You observe how you interact with others. You record who you are as a person and the date.

You then make a change with something that affects your body such as wearing something tight around your body (a tight shoe). Observe how it changes your flexibility. How does it affect your sight, how you do things, and how you interact with other people, or think. Can you multitask as efficiently?

Every time you make a change such as getting a permanent retainer removed, getting an X-ray, getting sealant removed from your teeth, getting cavity fillings removed...

- Record the date, time, and what changes you noticed in your body.
- Changes can include improved verbal understanding, improved cognition and motivation, needing less sleep, etc.
- If you don't record the changes, you may forget that you've changed at

all. **A Better Approach to Existing or Developing Cavities**

- Oil Pulling
- Case Study
- Experimental Dentistry
- Dietary Options
- Awareness

Oil Pulling

Oil pulling is a proven technique to repair small cavity development. While dentists do not agree that oil pulling will fix deeper cavities, it is entirely conceivable that it could be based off of the following assumptions:

- The person doing the oil pulling understands the importance of not having cavity fillings: If someone gets their cavity filling removed and feels how much better they are, they will no doubt understand just how deleterious cavity fillings are and will do everything they can to help repair the tooth some other way.

- The person devotes some of their newfound ability and energy to taking extra care of their teeth: With childlike power of soul, an adult has the ability to devote their time and resources to manage the health of their teeth with precise calculations if necessary. It is only a small fraction of the time and resources that they have gained from getting the cavity filling removed.

The person has made dietary changes: Diet is by far the beginning and the end of this problem. A poor diet causes cavity formation in the first place, and cavity fillings perpetuate a poor diet due to greatly reduced sense of taste and smell.

The person is aware of what foods make their teeth hurt and which don't: Sugar being the main culprit.

Case Study:

Mr.ShortgameGolf on Youtube: A highly integrated person. He was told he would need a root canal surgery which is one of the most invasive types of cavity surgeries. He refused, and began oil pulling every day. To this day, he remains one the most Highly Integrated People I have ever seen. He also no longer has any teeth issues.

While this is only a case study, it is definitely more than enough reason to consider oil pulling as a much healthier approach to tooth decay and cavity reversal. It also demonstrates some ability for the tooth to repair itself.

Experimental Dentistry:

King's College in London is experimenting with the idea of introducing minerals into the teeth. As long as this is not an invasive procedure, it should not cause MindBody Dissociation Disorder. There is always a risk that will happen whenever any invasive surgery is done. It seems to be much more promising than the cavity filling approach.

Funding going into cavity research healing is paramount. But all that research must be

done with the goal to prevent MindBody Dissociation Disorder from happening. In fact, all medical procedures and research should be done with that intent.

Dietary Options:

- Foods that contain nourishing minerals and vitamins are key to good health not just in the body but in the teeth. Avoiding sugar and processed foods is amongst the best ways to prevent and reverse cavity formation. A natural diet with crunchy, whole foods appears to be optimal for our bodies in general.

Awareness:

Overall, one needs to pay attention to how food makes their teeth feel (Is it agitating to the gum? The teeth?) and also to how it makes their stomach feel (Does it cause a stomach ache or loss of energy?).

Letting Go of Surgically-Induced Trauma

In my case, I had meniscus removal in my left knee. This left me with scar tissue. I was able to resolve the traumatic scar tissue by massaging the effected area.

Preparation:

You may want to be in the company of people you trust. You must overcome fear of damaging yourself, fear of the body part itself, fear of suffering, and fear of pain. Commit to the idea of wanting to move on and heal.

This is what to expect:

Dissociation works by trying to get you to avoid the site of dissociation, so focus your attention on massaging whatever you are avoiding near the surgical site. When you feel like you are going to do something wrong, you are sensing the Dissociation's avoidance coping mechanism. Be careful not to overstretch your body as this is what partly caused my knee injury. Massage should do no damage to your body, but you may want the supervision of a physiotherapist.

In order for the fascia to correct itself, you should move both the surgically-traumatized body part at different angles at various intensities and your fingers at the surgical site. The key is just committing and inviting the suffering of touching areas surrounded by fear-pain into your life, so that you can recover.

Social Change Required to Address Surgically-Induced Trauma

Our society has to stop hiding from its suffering and confront its fears. We have to stop encouraging the use of anesthesia to do unnecessary surgeries.

Don't Overthink It

Stop believing, if you do believe so, that you have to maintain a good posture, move a

certain way, tighten a certain muscle, or overthink anything going on in your body. Your body assumes the best posture that it needs for any circumstance.

Seeing With the Inner Eye

Don't wear visual enhancements. Try to see the world for how it is. You then have to see yourself for who you truly are. Allow your eyes to move however feels comfortable for you. Don't stare at any particular thing. Focus on how you feel.

Perceiving Someone's Level of Tension Load

Some of these symptoms appear normal by our cultural standard, but they are far from the normal, relaxed state of human beings.

Physical Symptoms:

- Jerky movements (Not smooth and elegant)
- Forward head posture, asymmetrical standing patterns, asymmetrical posture
- Muscle spasms (often seen in the face and mouth)
- Muscle spasms the more they are stressed
- Heaviness and loudness of their footsteps
- Trembling hands
- Amount of sleep needed to be "functional and motivated" the next day + amount of tossing and turning
- The way they talk (quickness, intensity, and coarseness)
- If their body shakes (leg shaking)
- If you look at their face from the "internal eye", you can see whether or not it is asymmetrical and whether or not they are moving their mouth weirdly to talk
- The body reacts to jump-scares even if the mind is not surprised
- Chronic pain, inexplicable pain, and muscle tension in parts of their body - Easily getting out of breathe

Mental Symptoms:

- Decreased verbal comprehension
- Decreased short-term memory capacity
- Increased desire for pleasurable or comforting activities
- (obsessive-compulsiveness) -Decreased tolerance for stress
- Susceptibility to scams, lack of doubt, or rigidity of mind
- Lack of ability to perceive if others are stressed
- Selfishness
- Lack of motivation (Depression)
- Slowness of thought processing
- Slowness of language skills
- Lack of fulfillment
- Alacrity to be alarmed
- Projection of blame for one's anxiety onto other people or other stimuli

Symptoms inside of you (while you are around them):

-You notice changes in your body around these people (Body becomes tighter, body fidgets faster)

-You don't know why you don't like being around the person, even if they are nice to you

-You feel relief when they leave your presence

-Your eyes seem to follow them in your periphery which can make it more difficult for you to concentrate

-You don't feel comfortable with them behind you

-You don't feel comfortable with them walking towards you from your peripheral vision

THE PATH FORWARD

The Steps of the Individual

Start by healing yourself. You get a new start now. You get a new life, with a battle scarred body. Embrace your battle scars. It is a symbol of the tribulations you overcame. Only you could invest the faith in yourself, your instinct, and your body to become healed. Embrace the power of your own faith. You harnessed that power to heal. You marvelous human being.

The Steps of the Society

- Formation of a branch of government or organization for philosophical purposes, where the goal of the organization is to understand philosophical truth.

- Formation of a branch of science for the sole purpose of understanding Integration Theory and how the Inner Eye works.

- Formation of a Branch of Science to understand MindBody Dissociation Disorder and Adaptive Tension Theory.

- Immediate redistribution of funds into natural cavity restoration research. -

Redistribution of funds into making healthy food accessible across the country.

- Immediate council of dentistry and orthodontic research to reconsider the harmful effects of doing surgery on and interfering with the natural process of the mouth, jaw, and teeth.

CONCLUSION

In my opinion, the cultural disconnect between the mind and body only creates worsening disorder in our population. To undo the damage of Dissociation between the Mind and Body, individuals and societies need to accept temporary suffering in its various forms. Whether or not you believe cavity fillings, sealants, braces, and retainers are all necessary evils, it seems that the objective reason for the perpetuation of our modern pandemic of disorder is primarily dental in nature, and that all research being spent on ineffective drugs and therapies is wasteful to the relative significance of our dental dilemma. Do not be afraid to be afraid. The only thing we have to fear is the denial of fear itself.

REALITY CHECK

- There are unexplained, incurable medical conditions such as chronic pain, anxiety disorder, and depression.

- People enter a state of denial when they are insecure, stressed, coping, traumatized, or overwhelmed.

- When we dream we don't know for sure whether we are awake or not.
- When we are awake we know with complete confidence that we are awake.
- Having higher levels of Tension makes it more difficult for us to see between reality and fantasy.
- Trying and being disappointed is worth so much more than never knowing.

A Story of My Own Self Doubt:

I Remember when I was 8 years old and I was running around at a summer camp when suddenly I got stung by a bee in the bottom of sock. I yelled crying out, "I've been stung under my foot!" The adults frowned and didn't believe me. They told me I was fine and that I had just imagined it. They pulled out my sock from my foot and turned it inside out looking for a bee. But there was nothing to be seen. For a moment, I begun to doubt myself. Maybe they were right. Maybe I wasn't stung. But then a moment later, out fell a bee. And I saw that I was right that I wasn't alright. I was stung. I was in pain. I was right all along.

LINKS

Begin to learn about the Postural Restoration Institute and how interconnected our mind and body are.

Learn about the connection between cavity fillings and TMJ disorder

Learn more about the Postural Restoration

More clues to the power of the teeth and jaw affecting the whole body

Institute. Learn about Mr. Shortgame Golf's

dental strategy.

<https://youtu.be/bp4FgHRtTU8?t=538>

<https://www.youtube.com/watch?v=gXS8rCxXwQg>

<https://www.youtube.com/watch?v=bZqFzW3CFMo>

<https://youtu.be/aMjclTF3Po0?t=46>

<https://youtu.be/WKN-cCZfpf8?t=100>

<https://youtu.be/xGJSluCa5Sw>