

## Holistic Mouth Score

Mouth	Score	Body	Score
Snoring, morning dry mouth	0 1	Gasping or choking in sleep	0 1
Teeth grinding, jaw	0 1	Neck, shoulder, or back pain; headaches	0 1
Mouth breathing, chapped lips	0 1	Erectile dysfunction or PMS	0 1
Persistent/wandering dental sensitivity	0 1	High blood pressure, heart disease	0 1
Gum recession and/or redness	0 1	Diabetes type 2, bloating after meals	0 1
Clicking/locking jaw joints, zigzag jaw opening	0 1	Weight gain, pot belly; acid reflux	0 1
Morning headache and/or sore jaws	0 1	Daytime sleepiness, fatigue	0 1
Deep overbite or underbite (weak chin)	0 1	Senile memory, ADD/ADHD	0 1
Frequent cavities or broken/chipped teeth	0 1	Frequent colds, flu, and skin disorders	0 1
Teeth prints on the sides of the tongue	0 1	Obstructive sleep apnea from a sleep test	0 1
Bony outgrowth on palate or inside lower jaw	0 1	Stuffy/runny nose, scratchy/itchy throat	0 1
Sunken lips and reverse smile curve (sad)	0 1	Forward head: ears ahead of shoulders	0 1
History of teeth extractions for braces	0 1	Waking up to urinate more than once	0 1
Bulge under lower jaw, double chin	0 1	Large neck size (M>17, W>15)	0 1
History of lots of dental work + medical symptoms	0 1	Poor digestion and elimination	0 1
Malocclusion (crowded teeth)	0 1	Depression, anxiety, grouchiness	0 1