

Dear Parents,

I have the pleasure to let you know that the Therapeutic Eurythmy for Anomalies of the Teeth has been developed since 1998 between German dentist Claus Haupt, who serves the families from several Waldorf schools and Mareike Kaiser from Austria. Mareike was a Waldorf pupil herself, taught for many years Eurythmy in the Waldorf school till she encountered so many children with dental problems. Working out a system of movements that would counteract these anomalies, became her life's work. She holds seminars all over the world on this topic, sharing her insights and tools, stemming from Eurythmy.

I happened to have my first experience with this new modality in 2008 at the International Conference on Therapeutic Eurythmy in Dornach, Switzerland. In the summer of 2012 Mareike came to the East coast of the US and I was able to get another 43 hours of intensive training on this subject.

The results - as laid down in plaster casts, photos and x-rays – speak for themselves. Practically in all areas of overbite, underbite, deep bite, cross bite, open bite, crowding and other anomalies the results are astonishing. With this method it is not necessary to pull teeth in case of overcrowding. Also braces can be avoided. Most important, with this approach there is no recidivism, which often occurs with the use of mechanical means.

Since 12 years I have now much experience working with children with their teeth and parents always see the positive results. I am working in a 7-weeks rhythm, whereby the child does the exercises for 5 minutes a day at home. After there is a pause of 7 weeks with no work on the teeth, either in school or at home. Depending on the problem to be addressed, we may have one other or a few other sequences of the 7 weeks after that. Open bite will take much longer. If available a few cranial-sacral adjustments can help before the treatment with Eurythmy starts.

It is important for a parent to observe, even try out the movements a few times in the lesson, so as to better guide the child at home. Any treatment of the teeth has its positive effect on the whole child. It may help with behavior problems, alleviate sleeping problems and especially work positively on the posture of the whole body. With that comes the increase in self-awareness and self-confidence. Many of the preliminary exercises help towards a better and deeper breathing and are as such a healing agent for children, suffering from asthma, mouth breathing and help the child to relax.

It is quite a miracle that the most ethereal movements have an effect on the hardest part of the body: the teeth. The gifts of Eurythmy are many, in art and in healing.

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Truus Geraets

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