

# The Majestic Molar King

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## Foreword

Tell me if you can, where does a story come from, emerging softly from within us and turning into a story for others to enjoy?

Where does the wish to thank in *Gratitude Giovanni*, a hero, Helena, Agripina, Sérgio, Nena, Rodrigo, Silvana, Hélio, João, Tioko, Aline, Alan, Erotides, Maria Isabel, José, Célia, Flávio, Rudolf, Salete, Pedro, Paulo, Bia, Ivan and Roberto come from?

If it comes from the soul, where does the soul come from?

I'll tell you!

- From God!!

When I was invited to preface this book, I was very happy, and at the same time challenged to look very closely at this special author who I met as my student in the postgraduate course in anthroposophy, which I coordinate for dentists. During the course's classes, I was able to notice through her remarks and questions that she harbors a kind spirit, interested in doing well and in what's good, while remaining firm, realistic and respectful toward the paths of interpersonal relationships.

In her first and second books, "*Dedão e a Linguinha*" and "*Chupeta Bolota e Linguinho*", we could notice the author's literary trait.

In this book, *The Majestic Molar King*, the author shows in a creative and playful way that certain behaviors and habits harmful to health can and should be rethought, emphasizing instructions that can be useful to both healthcare professionals and patients.

After all, dentistry is not only a field of high-task "operators" where patients open their mouths for treatment, it can also be also a place for patients to open their ears to receive educational guidance towards life quality, and through this profession this is what the author offers in her book.

Dentists should know that there is a relation between the chronology of tooth eruption and the child's readiness to learn, read and write.

These relations have their value in today's world and in this third issue are depicted in a playful way to expand knowledge that aims to help pediatric patients and raise parents' awareness.

Finally, I would like to congratulate Sandra as my colleague, student and now friend for having dedicated herself as a dentist to encourage her colleagues in taking an interest in this important topic.

Happy reading!

Célia Lulo

Dr. Célia Lulo Galitesi is the President of the Brazilian Association of Anthroposophical Dental Surgeons - IDEIA.

Dental Surgeon, book author in the field.

## The majestic Molar King

Once upon a time, in an enchanted and almost, almost invisible kingdom ...

A beautiful baby tooth was born. He didn't know at the time, but he would be considered a King. For he would be a great and important ruling tooth. The majestic Molar King had just been born.

And on another side of reality, something very festive was taking place...

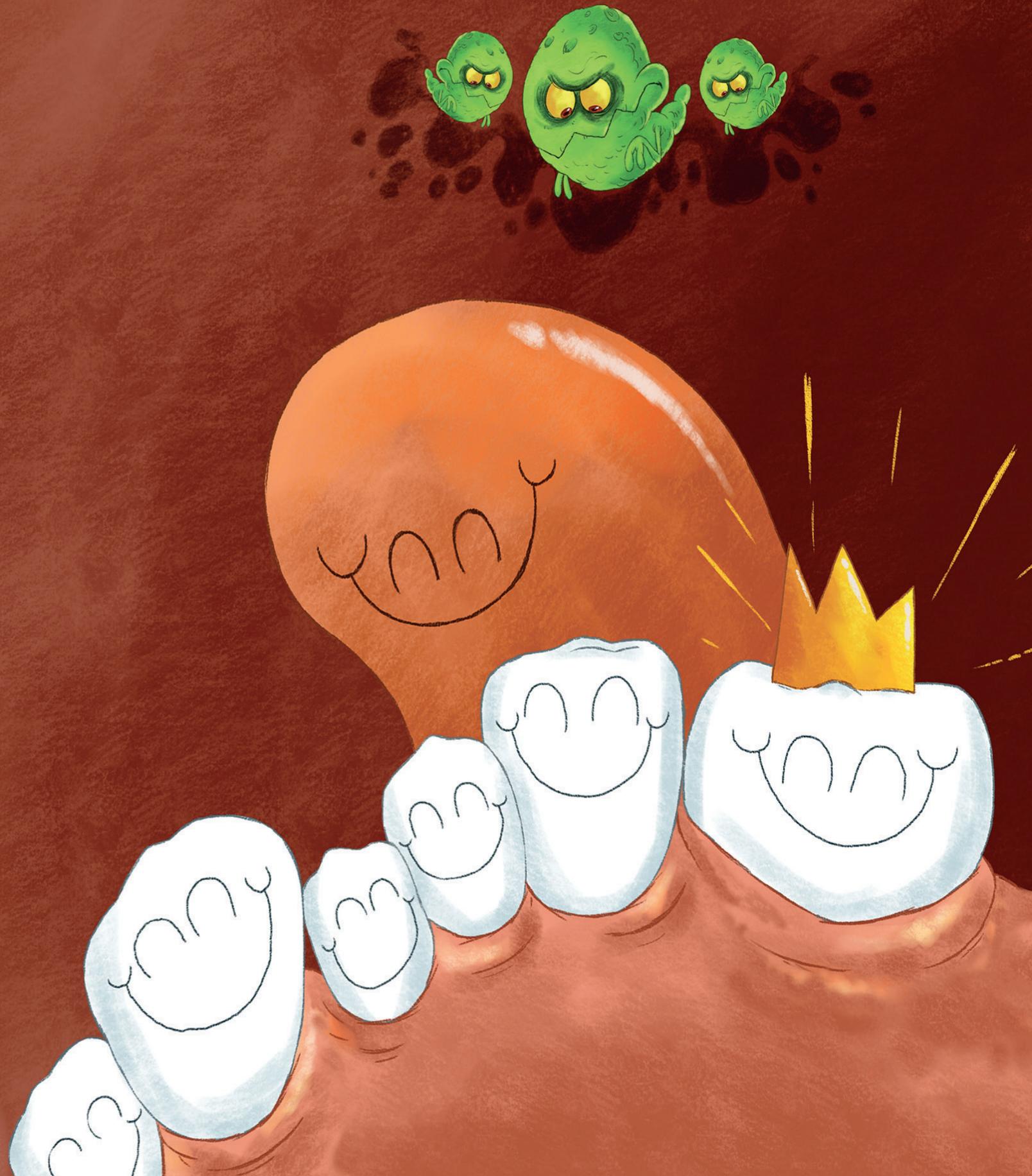
Bia was very happy, today was her 6th birthday. And the party was already starting.

But what Bia didn't know was that very close to her a "hardly-decent-gang" was plotting a terrible invasion...

— Today's the big day! We'll attack the Kingdom of the Molar King. Streptolinus, the leader, told his accomplices. They were all waiting the orders for such invasion.

— Pay attention! Streptolinus ordered, thinking he was powerful. Today will be the big day!

— Many sweets and soft drinks will be served as a feast. And there're also the little party bags with little jellybeans and filled chewing gum !! These sugary treats are what we'll use to dominate this Kingdom, imprisoning the Molar King.



- What a delight, what a delight ... the villains sang in chorus.
- Hahaha! Laughed the crazy evil.

And such were the plans of those insane villains.

Meanwhile at the party...

- Would you like a hot dog?
- How about some soda?
- How about a mini hamburger?
- Some more soda?
- French Fries?
- How about some cotton candy?

And between a jump in the ball pit and other fun things, Bia and her friends ate all the candy in the party.

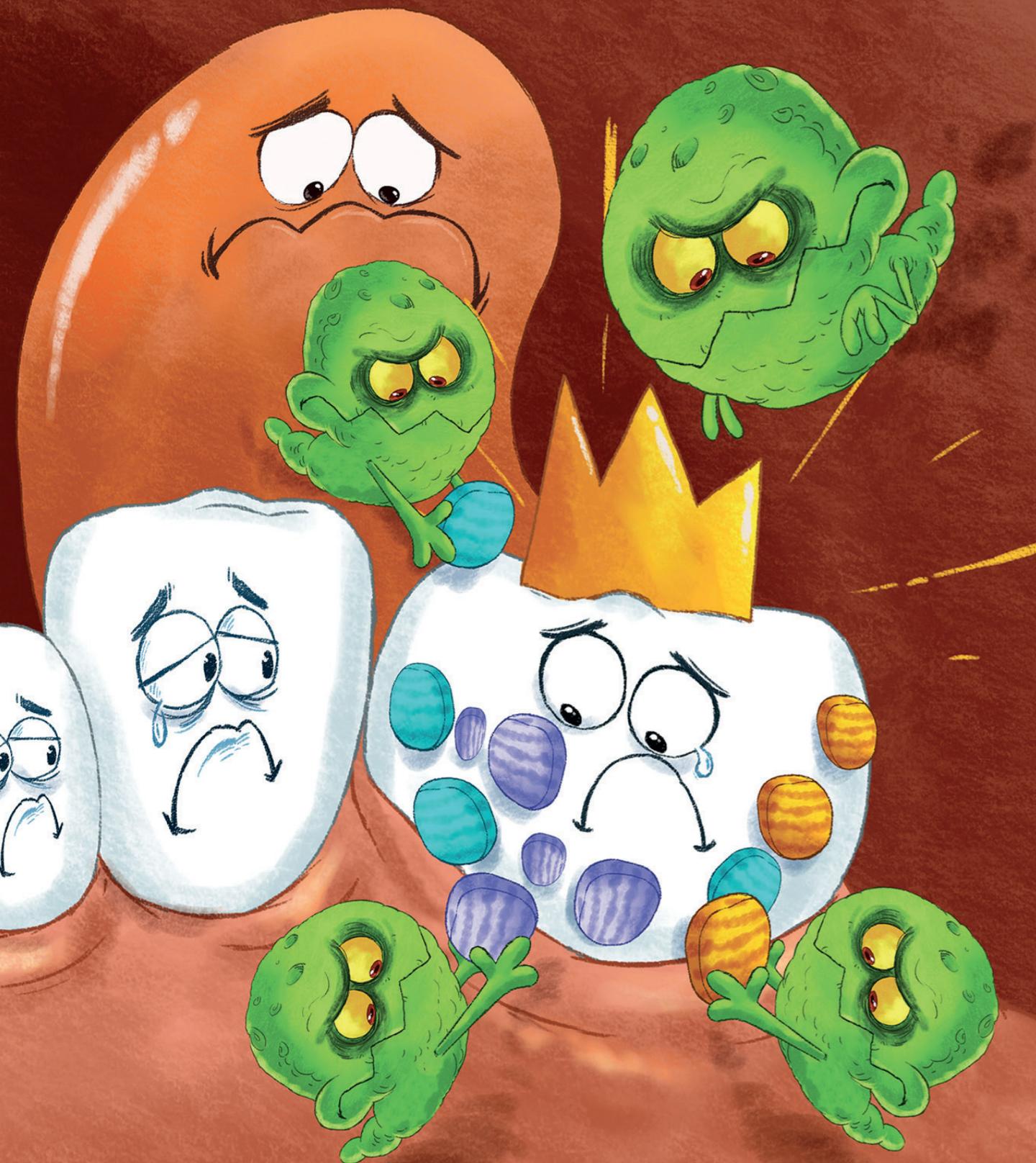
But closely inside her, in that almost, almost invisible kingdom, we could hear:

- More sweets, more soda, more hamburgers, more lollipops... danced and sang the "hardly-decent-gang".

And so the parties rolled on cheerfully in and out of Bia.

Streptolinus cheered with his bulging eyes, and holding a huge cup of soda in his hands he said:





— This Kingdom is already ours! He cheered with that really weird people.

And the poor little Molar King, still a baby, wasn't aware of the terrible future ahead...

And every time a sweet entered the Kingdom, Streptolinus would shout:

— All of you, start sticking lots and lots of sweet and sugar crumbs in the Molar King.

— It's time to attack... and the "hardly-decent-gang" starts attacking by gluing all the crumbs in the poor Molar King.

And an hour later, the poor little Molar King was completely swamped in crumbs...

Outside Bia's mouth, the party went on. The children joyfully waited for the party bags: little bags full of treats. Candies, sweet-filled chewing gums, colored chocolate buttons and juice boxes filled with sugar... the favorite food of the starving evil gang.

— Our action was a success! Now we just have to wait, very soon we'll have caverns inside the Molar King and our invasion will be complete. In no time this Kingdom will be ours... Streptolinus, the leader of that hardly-decent-gang, wickedly celebrated.

The party had ended, and Bia not knowing what was going on inside her mouth in that almost, almost invisible Kingdom, curiously opened her gifts. And while opening her little gift packs, she ate the candies from her little party bag.

— More sweets, more sweets, cried out the crazy, little tooth decay germs.

Bia's mouth was building up with acids and the Molar King was increasingly gagged. The Kingdom had indeed been invaded...

— Bia, time for bed. Ordered Bia's mommy.

— Oh, mom, just a little bit more... please, she said putting her little hands together in a last goodnight wish.

— Ok, just a little bit more. And remember: Brush your teeth before going to sleep.

— Ok, mommy!

But, overtaken by tiredness, she fell asleep without brushing her teeth.

And inside her little mouth...the kingdom already had a new leader...

— We made it! The Molar King is ours! Cried out the rogues, filled with crumbs in their hands.

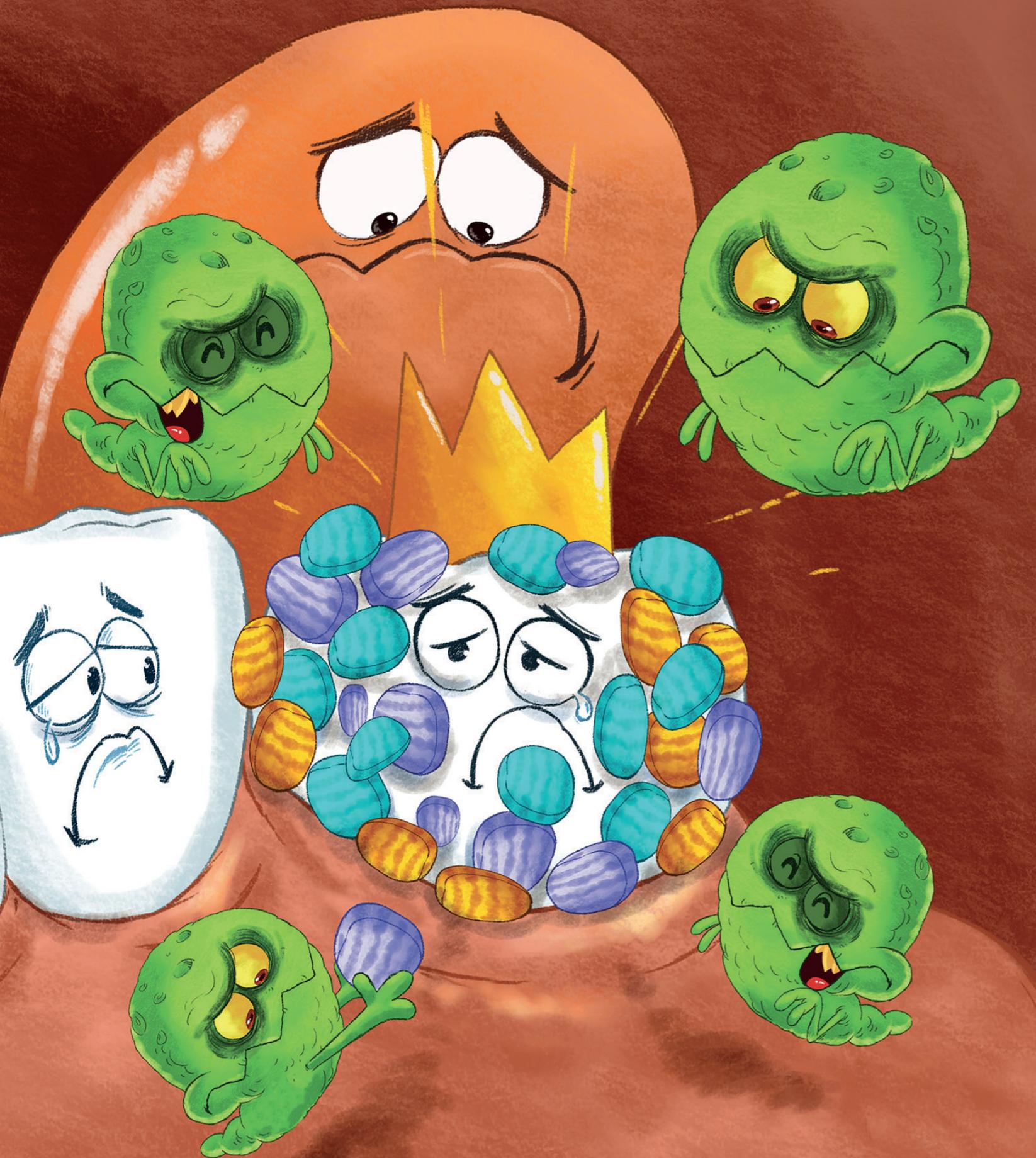
In spite of all the "silent" movement happening inside Bia's little mouth, she slept and slept.

In the morning, in the day-to-day rush, Bia once again forgot to brush her teeth and went to school.

When she came back at the end of the afternoon she ran to give her mom a kiss.

— Bia, what a "dog breath"! Let me take a look at you little mouth.





— Oh, dear! Your little new tooth is all covered with sticky crumbs. I'm calling Dr. Celeste right now! It's gagged!

— Dr. Celeste, Bia has this sticky stuff stuck all over her little new tooth.

— Right, Cecília, it's probably the bacterial plaque. Come right away, because this tooth is the First Permanent Molar, the "sixth-year molar". Bia has just got her first molar and if we don't protect it soon, the bacteria will run freely... said Dr. Celeste, the family's dentist.

What the doctor feared had already happened...

— We'll produce lots of acid to start digging the Molar King. We'll dig a really big hole! The hardly-decent-gang, those wicked tooth decay germs, overfilled Bia's mouth with acids...

— Bia, Celeste said that this is the most important tooth in your mouth.

— Why, mommy?

— Because it's a permanent tooth, and guides the growth of all other permanent teeth. If you get this tooth and it decays, everything can go wrong...

— I don't want to go wrong, mommy...



— I know, I hope your tooth survives!

In the following day at Dr. Celeste's clinic...

— Hi, Bia! How's this little mouth doing?

— My tooth is dying, Dr. Celeste.

— No, sweetheart, we'll save it. Let's see, open a big mouth. As I imagined, the Molar King is full of sticky crumbs, remains and bacteria.

— What are bacteria, Dr. Celeste?

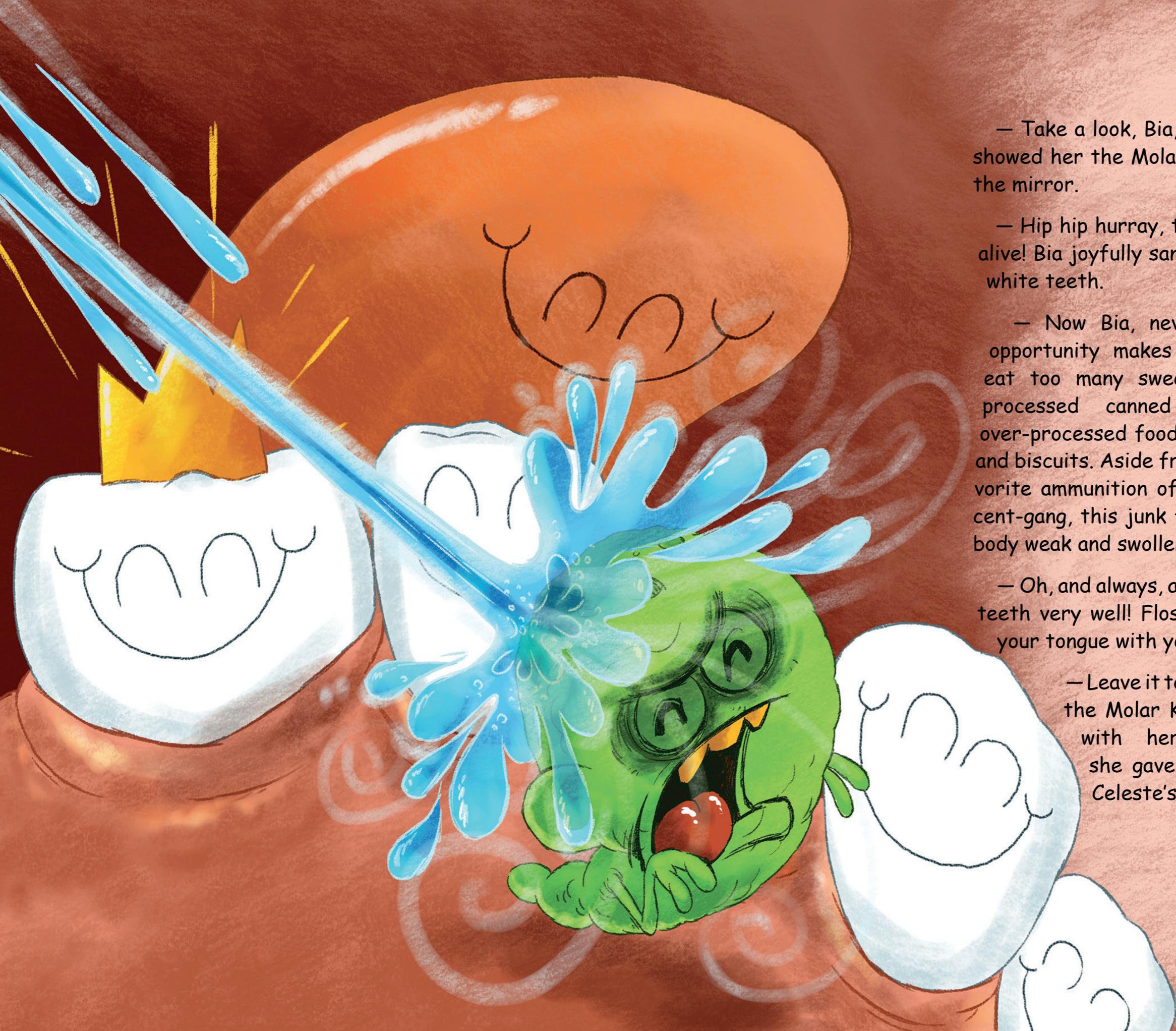
— They are tiny little beings that normally live in our mouths, but when we give them candy, soda, crackers, snacks they go mad and start to attack our teeth.

— And how can we see them if they are so tiny, Dr. Celeste?

— I'm going to pass the liquid-of-truth on this hardly-decent-gang! They'll no longer be able to hide. I'm going to wash your teeth with this salt spray.

When that hardly-decent-gang realized what was happening, the almighty salt spray was already saving the Molar King, and saving his Kingdom.

Streptolinus didn't want to "let go" and hid under the girl's tongue. But that didn't work, because Dr. Celeste was very clever and sprinkled the salty spray directly on that crazy evil. And it didn't escape the infallible cleaning!



— Take a look, Bia, and Dr. Celeste showed her the Molar King shining on the mirror.

— Hip hip hurray, the Molar King is alive! Bia joyfully sang with her shiny white teeth.

— Now Bia, never forget that opportunity makes a thief. Never eat too many sweets, never take processed canned juices, soda, over-processed food such as cookies and biscuits. Aside from being the favorite ammunition of this hardly-decent-gang, this junk food makes your body weak and swollen.

— Oh, and always, always brush your teeth very well! Floss and also clean your tongue with your toothbrush.

— Leave it to me, Dr, Celeste, the Molar King is ours! And with her clean mouth she gave a smack on Dr. Celeste's happy cheek.

*The End*

## Acknowledgements

Always to God. After studying anatomy and physiology, it's impossible not to believe in His existence!



To the dear mommies, daddies, grannies, grandpas, aunties, uncles, and all of you who delight in the smile of a child..

The First Permanent Molar, the Molar King of our story, plays an important role in managing the growth of children's maxillary, mandible and facial bones. The future development of this entire system will depend on its perfect mechanism and state. The teeth and their mechanism directly impact the cervical spine, due to its relation with the temporomandibular joints. Any deformity in this mechanism will directly disrupt the cervical, thoracic and lumbar spine. Strongly impacting the muscular system of the entire body, and as a consequence the entire bodily muscular posture.

Therefore, the attention and observation of the emergence of this "KING" must be evidenced.

Since they are born when the child is around six and a half, four in total, one on each side, at the back of the mouth, behind all the milk teeth, when none of the molars fall out they are sometimes confused with milk teeth and for that reason little valued. I emphasize that all teeth, whether milk or permanent, are crucial to the formation of a person's dental arch, but since the First Permanent Molars are the masters, their relevance is very significant.

Our teeth are the hardest elements that our body fabricates. And not without a reason...

They are our bodies' foundation, part of their structure. What happens to a house without a foundation?

With what materials will we build these foundations? With sweets and industrialized food?

There is yet another aspect to consider.

In an ideal sequence, they come after all the teeth and only after they are geared up will the front teeth begin to fall.

In this sense, they mark another phase in a child's life. With them, children would be able to start a new cycle of physical and emotional maturation, which coincides with their literacy phase.

Today we see an inversion of this order, and perhaps we could reflect on the intellectual overload we are imprinting on our children.

Children need playful activities, games, bare feet, tree climbing.

They need a world that is good and beautiful!

I hope this short book can inspire you to protect and care for your teeth and your children's teeth so that they grow like large, leafy trees with deep roots that bear beautiful fruits and seeds. And that in the smile of each child we see the reflection of the beautiful and abundantly happy Kingdom of the Molar King!!!

With love,

Sandra Aiosa

