

“ALF Therapy and the Cranial Concept 101”

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Course Description

- This course was generated in response to requests from dentists from all over the world, who have been asking for an introduction to ALF treatment as an adjunct to their basic knowledge of orthodontics.
- The best way to gain experience with ALF treatment is to treat several patients in the early mixed dentition and observe how the patient's body unfolds throughout treatment.
- Therefore, this being an introductory course, it does not cover cases of patients in the permanent dentition or with pain symptomatic.

This course was developed in response to requests from dentists from all over the world who have been asking for an introduction to ALF treatment as an adjunct to their basic knowledge of orthodontics. It is an introductory course for ALF and cranial osteopathy. No previous knowledge of these subjects is assumed. Step by step we will go over everything you need to get started, including the nitty-gritty details. Since the biggest challenge of ALF treatment is to adjust the appliance, this course provides ample guidance for you to gain hands-on experience by doing wire bending exercises. This will require the following tools:

1 pair of bird beak pliers

1 wire cutter

Elgiloy yellow wire 0.025" (available from Rocky Mountain Orthodontics, www.rmortho.com, tel. (800) 525-6375)

Multi-Purpose Wire - Galvanized Utility Wire, 16 gauge (available at hardware stores; normally used to mend fences)

Since this is an introductory course we will cover treatment for patients in the mixed dentition. Neither cases in the permanent dentition nor cases with pain symptomatic will be discussed.

No matter whether you are a novice to delivering orthodontic treatment or you already are a veteran: this course is an outstanding tool to get you started and/or deepen your understanding of ALF.

Course Outline

COURSE SYLLABUS	
1. Introduction to ALF	
	- History of ALF Development
	- ALF Philosophy
	- Unique Features of the ALF
	- Challenges of ALF Treatment
2. Treatment Objectives, Patient Selection	
	- Facial Development
	- Airway and Breathing
	- Oro-Facial Myology
	- Patient Selection
3. ALF Basic Design	
	- Design Elements and Their Function
	- Significance of the Premaxilla
	- ALF Basic Design
	- Crib Configurations
4. ALF Adjustments (1)	
	- General Rules for Wire Bending
	- Hands-on: <ul style="list-style-type: none"> › Bending Angles and Curves › Bending ALF Body Wire
	- Initial ALF Adjustment
	- Documenting ALF Adjustments



- Diagnostic Records
5. Diagnosis and Treatment Plan
- Forms for Easy Organization
- Common Orthodontic Treatment Objectives
- Diagnostic tools
- Master prescriptions
- Case Presentation 1
6. The Cranial Concept
- Basics of Osteopathy and Terminology
- Effects of Cranial Strains on Facial Development and Malocclusions
- Use of Cranial Osteopathy during ALF Treatment
- Communication between Dentist and Osteopathic Physician
7. Assessing Lab Work, Workflow (1)
- Common Mistakes during ALF Fabrication
- Anticipation of Treatment Time
- Consultation Visit
- Diagnostic Records Visit
- Insertion Visit
8. Workflow (2), Class II Correction
- Initial Adjustment Visit
- Periodic treatment Visits

- Periodic Reassessments
- Retention Phase
- Case Presentation 2
- Appliance Designs for Class II Corrections
9. ALF Adjustments (2)
- Hands-on <ul style="list-style-type: none"> ▸ Staying on Plane ▸ Developing the Anterior Triangle ▸ Troubleshooting
- Adjusting the Crozat Design
- Addressing a Maxillary Roll
10. Troubleshooting, More Designs
- Case Presentation 3
- How to Remedy the Most Common Mistakes
- Resources
- More Designs <ul style="list-style-type: none"> ▸ Stealth ▸ OmNi ▸ N-Sag

Fees for **ONLINE** seminar

What's included?

Online Seminar (ongoing; start at your convenience; watch each chapter when and as often as you want)

The course fee of \$2,995 includes:

- Unlimited access to all of the course materials
- One year of Case Support for patients in the mixed dentition (starting from the date of your course registration)
- Course Certificate
- 10 hours of CE credits
- Listing as an ALF Provider
- Endorsement for Referrals
- Resource Library
- Instructional Videos
- Subscription to the Newsletter



Annual **LIVE** Seminar in April

Presented by Ljuba Lemke, DMD, and Ananda Foley, CST

Next Date: April 28 & 29, 2023, San Diego, CA

The number of participants for the LIVE course is limited to eight.

- **Tuition**
 - **Dentists who are AAGO members** get a special discount and pay \$2,200
Other Health Care Providers: \$900; Staff: \$750
 - Dentists who are **not AAGO members** pay \$2,995 which includes a 1-year membership to the AAGO with [all its benefits](#).
- **Registration**
 - admin@aago.com; tel. (800) 510-2246

Course Certificate and Listing as an ALF Provider

Participants will receive a certificate of successful completion of the course and will be listed on Dr. Lemke's "ALF Professionals" map.

CE Credits

ONLINE Seminar - 10 hours

LIVE Seminar - 16 hours



American Academy of Gnathologic Orthopedics (AAGO)
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any regulatory authority or AGD endorsement.
6/1/2018 to 5/31/2024
Provider ID# 218350



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Gnathologic Orthopedics

Program Director

Ljuba Lemke, DMD, PhD, ND:

I was born in Germany in 1956, studied dentistry and operated my general practice. After a while I caught on to the fact that there is a human being attached to those little white things called teeth.

As I educated myself beyond the realm of mainstream dentistry I became critical of fluoridation and mercury in amalgam fillings. I trained to become a naturopathic practitioner with an emphasis on electroacupuncture according to Reinhold Voll, MD. This method incorporates homeopathy and acupuncture physiology, both of which I integrated into my holistic dental approach.



Love moved me to the US in 1996. Since my German dental degree was not recognized in the US I had to get an American one. After graduating from University of Pennsylvania in 1998, I taught homeopathic seminars while building a holistic dental practice in New Jersey and staying on as faculty at UPenn Dental School.

As a teenager I had my wisdom teeth surgically removed and later, after admission to dental school, I said goodbye to four of my bicuspids because I was told this was the only way to create enough space for my remaining teeth. I underwent a course of full braces and afterwards faithfully wore my positioner/retainer. Two years later it was chewed through. I was told I was all set and good to go ... no more retainer ... just live happily ever after.

It was a good 10 years before I noticed that my teeth had become malpositioned again. It probably happened earlier but I must have chosen to ignore it. After all, I was eight teeth short and again there seemed to be inadequate space in my mouth... ? It just did not make sense and I could not find an explanation.

Finally the year is 2001 and I find out about ALF - Advanced Lightwire Functionals. The whole concept immediately makes sense to me. A new era begins in my life!

I could not wait to start ALF on myself but very few seminars were offered; none of them were really tailored to guide a newcomer step-by-step through the learning process. It took me two years before I felt I had enough knowledge to get started and be my own guinea pig.

To my surprise and delight life got easier as soon as I started undoing the damage incurred as a result of my previous orthodontic treatment. I became calmer, not as

easily stressed; my athletic performance and memory improved, and I had more energy to socialize.

With time and more ALF seminars under my belt, my enthusiasm made me a very convincing advocate of ALF to my patients. Of course it also helped that I knew what an ALF felt like in the mouth: how much discomfort to expect, how much time to get used to it and so on ...

Life got even better in 2008: I moved to Durango, Colorado - my favorite place to live. Here I enjoy the great outdoors, dancing Argentine Tango, and our diverse community.

My practice is fully dedicated to orthodontics, using ALF as the primary modality. I am involved with public speaking and have been teaching ALF seminars since 2007.

- 1956: born near Cologne (Germany)
- 1980: graduation as a dentist, University of Cologne (Germany)
- 1982: PhD degree in dentistry, University of Cologne (Germany)
- 1986 to '95: specialty training in naturopathic medicine, homeopathy, electroacupuncture, and nutrition (Germany)
- 1990: graduation from Paracelsus School for Naturopathy (Germany)
- 1996: moved to the US
- 1998: graduation as a dentist from the University of Pennsylvania
- since 2001: additional training in ALF and Crozat orthodontics, cranial osteopathy, oro-facial myology, posture and Buteyko breathing
- Since 2009: presenting seminars and training for ALF Orthopedics/Orthodontics
- 28 years of experience in providing holistic general dentistry care
- Delivering ALF treatment since 2013
- 2015 - 2017: President of the AAGO (Academy of Airway and Gnathologic Orthopedics)
- Fellow of Buteyko Professionals International (BPI)
- Member of the Foundation for Airway Health

Contact Information

Please email me at: info@ALForthodontics.com



Advanced Training

If you want to delve deeper into the course material, or you feel ready to go beyond the basics, Dr. Lemke's live intensives offer opportunities to learn in a small group setting::

ALF Intensive 101

Goal

To provide in-depth ALF training in a small group setting, focusing on topics of the participants' choice.

Prerequisite

Familiarity with basic ALF principles as taught in Dr. Lemke's seminar "ALF Therapy and the Cranial Concept 101".

Format

2 days course at Dr. Lemke's practice in Durango, CO. Maximum number of participants is FOUR.

Agenda

Participants are asked to submit topics of their choice in advance. This ensures that the syllabus can be planned accordingly.

Commonly requested topics are:

- Hands-on
 - Wire Bending
 - ALF Adjustments



- Cranial Palpation
- Diagnosis and Treatment Planning
- Appliance Design

Dates

Please inquire about upcoming dates by contacting Dr. Lemke:

info@ALForthodontics.com

Course Fee payable at registration

San Miguel de Allende, Mexico: \$2,995
other locations: \$3,295

Cancellation Policy

Until 8 weeks before date: Fully refundable minus a \$150 administrative fee

Until 4 weeks before date: Partial refund of \$1,200

Less than 4 weeks: No refunds.

Option to use \$1,000 towards another course or case consultations.

Less than 2 weeks: No refunds.

CE Credits

16 hours of Continuing Education credits will be provided through the AAGO.



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