

DREAMING OF PEARLY WHITES

Occasionally patients tell me they have tooth dreams. I have always found that interesting, because I can't remember ever having a dream about teeth. I have found that most patients who report of tooth dreams, especially dreams of all of their teeth falling out, had parents with dentures or extensive dental problems.

Recently I found that tooth dreams are in the top ten dreams list. It is an interesting article by Aisling Ireland and I will just reproduce parts of it here, because I do not claim to be any kind of expert on this topic (didn't even know there was one).

Tooth loss dreams are profoundly disturbing and extraordinarily common. The dreams take many forms from teeth shattering like glass to crumbling away. Tooth loss dreams are symbolic of the deepest fears human beings have.

Fear of Death and Growing Old

Symbol of Powerlessness--In many dreams of teeth falling out, the dream starts with just one tooth falling out followed by the rest. Dreamers often try to stop the teeth from coming out but to no avail.

Fear of Change

Fear of Failure or Embarrassment--In waking life, people often cover their mouths when they are missing teeth, usually out of embarrassment.

Poor Health and Financial Instability--Accidents and aging are two reasons teeth fall out. Improper nutritional is another.

Abandonment--Fear of abandonment may feel similar to the feeling of the hole left in the mouth in tooth loss dreams.

Loose Lips Sink Ships--They may be warnings that one is revealing too much information with the lost teeth standing in for the secrets one is revealing.

Dreams are reflections of what is going on in the psyche and are meant as guide posts to help one be more successful in waking life. So despite the bleak meaning most of these interpretations carry, it is important to realize they are meant to help, not hurt.

Maybe you are just afraid of losing your teeth--keep flossing.