

***“It is one of the most beautiful compensations
of life, that no man can sincerely try to
help another without helping himself.”***

—Ralph Waldo Emerson

PRAISE FOR *ACHIEVE YOUR VICTORY*

Dr. Daniel Klauer has established himself as a leader among an expanding nucleus of collaborators from diverse fields of practice united by a common purpose: identifying and treating the airway and breathing problems that drive a host of health conditions. Careful reflection on patterns he recognized in his clinical practice and insights gained from conversations with others involved in the care of patients with airway problems piqued Dr. Klauer’s curiosity about the possibility that many prevalent health issues might have a common precursor. Recognizing the impact this area of practice can have on a patient’s health and well being, Dr. Klauer has sought to improve access to this specialized care by organizing conferences and symposia where other practitioners can hear case reports, review literature, and learn to apply new techniques in their efforts to improve their patients’ lives. It has been a privilege to collaborate with Dr. Klauer and I look forward to our future endeavors.

Darius Loghmanee, MD

Pediatric Sleep Medicine

Dr. Klauer's sense of victory includes this notion that there is no victory unless everyone has tried their best to deliver and receive the proper care. A great outcome will be short-lived if either the professional or the patient do not invest their best efforts in caring and being cared for. The collaborative multi-professional approach Dr. Klauer outlines in this book is a testimony to the best practice of medicine where egos too big to admit new learning, turf battles, and non-compliant patients are alien concepts. The joy of health care is caring and being cared for, and if you allow this, then you will receive the most beautiful compensation of life where both sides experience victory.

Roger Klauer, MD, MDiv

Physical Medicine & Rehabilitation

To successfully treat patients with pain disorders, we must look beyond the obvious issue the patient is complaining of and be able to assess the entire patient, including mind, body and spirit. Dr. Daniel Klauer and I are kindred spirits in this respect. He and I have worked together for the past four years evaluating and treating challenging and acute, but mostly chronic pain patients. He and Dr. Steven Olmos have opened my eyes to the depth of sleep medicine and the influence of jaw disorders on the mechanics and function of the entire body, and they have given me new, physical examination skills to better assess my patients and achieve more consistent outcomes with precise, targeted treatment. In a time when we must stop symptomatically treating pain with narcotics and steroids, Dr. Klauer's skills bring a refreshing and critical approach to the management of head, neck and jaw pain disorders.

Mark Cantieri, DO

Author and owner of Corrective Care

Dr. Klauer has helped change my practice and provide better treatment for patients with sleep and temporomandibular joint issues. He provides a comprehensive approach that seeks to understand the underlying issues and develop the expertise to provide the correct treatment. In my role as a sports medicine physician, his ability to help athletes improve their function and performance has been quite significant. I trust him both with my patients and my own family.

Mat Leiszler, MD

Sports Medicine

Dr. Klauer has brought great insight to our community and I am grateful for that. He has challenged traditional teachings and helped educate clinicians in current evidence-based care. Finally, patients in this community are getting the care that they truly need. No longer are we simply treating the symptoms of our patients' pain and dysfunction. Today, we can diagnose and treat the root of their problem, getting lasting results—no more band aids. I have been impressed with the multidisciplinary approach to patient care and I am happy to have him as a resource for my patients. Dr. Klauer has established and educated a network of medical and dental professionals. Through this collaboration, all facets of patient care can be addressed. Thank you Dr. Klauer for putting together a concise resource for both our colleagues and our patients!

Dr. Chad Harrington, DDS, MS

Board-Certified Orthodontist and owner of Harrington Orthodontics

An extraordinary and compassionate dentist, Dr. Daniel Klauer has entered into a new paradigm of medicine: finding the true source of your pain—not merely treating your symptoms. He is determined to treat you naturally, without unnecessary surgery or medication.

If you want to relieve your pain and improve your sleep, you must read this book. Who would have thought that breathing and sleeping were so important? Dr. Klauer has taught me how to challenge the traditional way of practicing medicine. In his book, he will show you how all fields of medicine must work together to improve your health and improve your life.

I am a better physician because of Dr. Klauer. My health and my sleep are much improved, and yours can be too.

Victor Romano, MD

Romano Orthopaedics Center

As a sports medicine and sports performance team, we know the system Dr. Klauer has delivered to our athletes has prevented injuries, improved treatment, and enhanced performance. His evaluation, assessment, guidance, and creation of a plan of care for our athletes addresses the root cause of a specific condition. This has allowed us to better serve our patients and improve outcomes.

Rob Hunt, EdM, ATC

Director of Athletic Training and Rehabilitative Services

With the publication of this book, Dr. Klauer has given healthcare providers, and the recipients of the care that they provide, a precious resource. Within these pages, the reader will become scientifically enlightened about how several of the chronic health problems that are so highly prevalent in today's industrialized societies are not only treatable without drugs or invasive surgeries, but also mostly preventable if specific environmental "triggers" are eliminated at their earliest recognition—in adults, and especially early childhood. For instance, over a few paragraphs subtitled "Sean's Victory," Dr. Klauer eloquently describes, in detail, how he rescued a five year-old child who had been referred to him per recurrent obstructive sleep apnea symptoms despite having previously had his tonsils and adenoids surgically removed. I would recommend this book to any healthcare provider who is involved in the sleep and respiratory wellness care of children and/or their adult caregivers; I also highly recommend it to those adult caregivers as the writing style is not overly "medical," but clear, entertaining, and most importantly, scientifically supported.

Thank you Dr.Klauer for this valuable gift!

Kevin L. Boyd, DDS, MSc

Pediatric Dentist and owner of Dentistry for Children and Families