



TMJ
no
more



By: Christian Goodman

ALL RIGHTS RESERVED. No part of this book may be reproduced or transmitted for resale or use by any party other than the individual purchaser who is the sole authorized user of this information. Purchaser is authorized to use any of the information in this publication for his or her own use only. All other reproduction or transmission, in any form or by any means, electronic or mechanical, including photocopying, recording or by any informational storage or retrieval system, is prohibited without express written permission from the publisher.

LEGAL NOTICES: While all attempts have been made to provide effective, verifiable information in this Book, neither the Author nor Publisher assumes any responsibility for errors, inaccuracies, or omissions. Any slights of people or organizations are unintentional. If advice concerning medical conditions is needed, the services of a qualified professional should be sought. This Book is not a source of medical information, and it should not be regarded as such. This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold with the understanding that the publisher is not engaged in rendering a medical service. If expert medical assistance is required, the services of a competent professional person should be sought. As with any medical advice, the reader is strongly encouraged to seek professional advice before taking action.

Published by: Blue Heron Limited

Copyright © 2017 Blue Heron Limited All Rights Reserved

Contents

Curing Your Self of TMJ	5
What causes TMJ	7
How to cure yourself of TMJ.....	8
How to work the program.....	10
Examples of Program to Make:	11
All Exercises In The Program:	14
Jaw Exercises:.....	14
Jaw #1 Reading out loud:.....	14
Jaw #3 Chewing	16
Throat #4 About To Yawn:.....	17
Throat #5 Delight surprise:	19
Throat #6 Imagine Inhaling:.....	20
Throat #7 Imagined Gargling:.....	21
Throat #8 Imagine Laughing:	22
Tongue Exercises:.....	23
Tongue #9 Tongue Rolling:	23
Tongue #10 Tongue Stretching:.....	24
Tongue #11 "Ng-ah" Exercise:.....	25
Body Exercises:.....	27
Body #12 Shoulder Rolling.....	27
Body #13 Shoulder Rolling 2	27
Body #14 Chin Dropping	28
Body #15 Head Rolling.....	28
Body #16 Head Turning:	28
Breathing Exercises:	29

Breathing #17 Exhaling All The Air:.....	29
Breathing #18 Breathing Through Mouth And Nose:.....	32
Relaxation Exercises:.....	33
Relaxation #19 Doing Nothing:	33
Relaxation #20 Relaxing Step By Step:.....	34
Attitude Exercises:	36
Happy #21 The 1-2 Rule:.....	36
Happy #22 Positive Talking.....	37
Happy #23 Realize Your Joy:	38
Communication Exercises:	40
Communication #24 Talking Things Out:.....	40
Final Words.....	43

Curing Your Self of TMJ

Suffering from TMJ, you probably know a lot about the condition already. There are however so many wrong claims about it, I want to spend couple of minutes explaining it.

TMJ is not just having pain in the jaws. That's just one of many symptoms.

Among other symptoms are (the list is long)...

<p>Eye Pain and Eye Problems:</p> <ul style="list-style-type: none">- eye pain above, below, behind- bloodshot eyes- blurring of vision- bulging appearance- pressure behind the eyes- light sensitivity- watering of the eyes- drooping of the eye lid	<p>Head Pain, Headache Problems, Facial Pain:</p> <ul style="list-style-type: none">- forehead pain- temporal pain- "migraine" type headache- "cluster-type" headache- sinus headache under the eyes- posterior, headaches, back of head, with or without shooting pains- hair and/or scalp painful to touch
<p>Mouth, Face, Cheek, and Chin Problems:</p> <ul style="list-style-type: none">- discomfort or pain to any of these areas- limited opening- inability to open the jaw smoothly or evenly- jaw deviates to one side when opening	<p>Teeth and Gum Problems:</p> <ul style="list-style-type: none">- clenching or grinding at night- looseness and or soreness of back teeth- tooth pain

<ul style="list-style-type: none"> - inability to "find bite" with teeth 	
<p>Jaw and Jaw Joint Problems:</p> <ul style="list-style-type: none"> - clicking, popping jaw joints - grating sounds - jaw locking opened or closed - pain in cheek muscles - uncontrollable jaw or tongue movements 	<p>Ear Pain, Ear Problems, and Postural Imbalances:</p> <ul style="list-style-type: none"> - hissing, buzzing, ringing, or roaring sounds - diminished hearing - ear pain - without infection - clogged, stuffy, "itchy" ears, feeling of fullness - balance problems, "vertigo", dizziness, or disequilibrium
<p>Throat Problems:</p> <ul style="list-style-type: none"> - swallowing difficulties - tightness of throat - sore throat without infection - voice fluctuations - laryngitis - frequent coughing or constant clearing of throat - feeling of foreign object in throat - tongue pain - salivation (intense) - pain of the hard palate in the mouth 	<p>Neck and Shoulder Problems:</p> <ul style="list-style-type: none"> - lack of mobility - reduced range of movement - stiffness - neck pain - tired, sore neck muscles - shoulder aches - back pain upper and lower - arm and finger tingling, numbness and or pain

The good news are, the condition is usually only temporarily. The bad news are, until now, there has been no way to cure it.

What causes TMJ

Nobody knows for sure what causes TMJ. All that's known is that it starts with some kind of disorders of the jaw joint.

The Jaw joint (the temporomandibular joint) is the most complex joint in the body because it's two joints in one (one at each site). But that's not all. It also has to function with the location of the teeth and more muscle groups than any other joint in the body.

Just think about all the tasks your jaw has to take: eat, yawn, talk (very complicated), breath, only to mention few.

Slightest dysfunction in the joint will set the whole system off.

It's also located close to so many other delicate functions (being located around half the head), that dysfunction in the jaw joint will set of pain and problem in literally hundreds other areas.

Not to mention that there are so many delicate muscles closely related to the jaw muscles that can 'pull' the jaw or the jaw muscles out of order. This is possible one of many causes for TMJ.

This program has been extremely effective to deal directly with what I believe are the main underlying causes for TMJ (not just deal with the pain). And therefore cure it permanently, without using drugs.

I believe there are two major causes for TMJ:

- Tension in the face and neck muscles, dislocating the Jaw joint directly or indirectly.
- Stress or other emotional tension putting strain on the face and neck muscles and causing you to bite wrongly.

We'll deal with both underlying causes in this program.

Note: I might be totally wrong about what causes TMJ. I've no scientific proof of this. All I know and all I care about is that most people working this program cure them self of TMJ. If I'm wrong about what causes TMJ, so be it. I'm happy to help and hope that you'll be painless in few days too.

How to cure yourself of TMJ

Traditional methods have been proven useless to treat TMJ. Even dental operations (most common treatment) has not been proven to give any permanent relief according to The TMJ Association (<http://tmj.org>)

The only traditional treatment recommended by them is stronger and stronger pain killers. But pain killers won't treat the underlying causes for TMJ, only dull your self from the pain.

This program is the only method that deals directly with all the muscles around your head, to strengthen and relaxing them so they may led your joints naturally relocate them self in the right position.

This program also focuses on the underlying causes for your muscles being stiff. Emotional stress such as: Dread, Tension, Negativity, Blaming or anything else that is not positive and happy will unavoidable put strain on the delicate muscles around your head.

If I could shake a 'magic wand', take all stress and worries away from your life and make you totally happy, the muscles around your face would probably totally relax and your TMJ would disappear in few days (or even hours).

But I'm not a magic man and I don't know anybody who is totally worry, stress, and dread free.

So we have to do this the old fashion way, by exercising to relaxing and strengthening the muscles in and around your head.

There are three major muscle groups we've to work on:

- Jaw muscles exercises
- Tongue muscles exercises
- Throat muscles exercises
- Neck and shoulders exercises

In addition, you're given exercises to 'bring the spirit':

- Relaxation exercises
- Happy joyful exercises
- Communication exercises

Bringing this together you'll be relieved from your pain in no time.

How to work the program

TMJ is a complicated condition. What works for one person sometimes doesn't work for others. To begin with, you should start by picking out the exercises that suit you:

1. You should pick one exercise in each physical exercise group:

Jaw exercise

Tongue exercise

Throat exercise

Neck and Shoulders exercise (you may want to pick more than one of these)

Practice these exercises once a day, every day. This should only take you few minutes a day. Make sure, none of these exercises causes you pain in your jaw joint, especially the jaw exercises. If they do, switch over to other exercises that do not cause you pain. None of the exercises can harm you but there is no reason to cause more pain.

2. Then pick one exercise out of each of the other groups: Relaxation, Happy joyful, and Communication exercise. Practice these exercises at least 3-4 times a week.

I'm not going to go into long explanation of why. The fact is that this has worked for hundreds (probably thousands now that you read it) and it will work for you too.

There is no way of saying how long it will take you to cure your self of TMJ. For some it takes couple of days but others need few weeks. The important thing is that you'll be cured.

Examples of Program to Make:

Here are a few examples of how you can set up your TMJ program using the exercises in the program. You can either follow one of these programs or make your own with exercises that you feel suit you the best.

Example program 1:

Daily:

- Jaw#3 Chewing
- Throat#4 About To Yawn
- Tongue#11 "Ng-ah" Exercise
- Breathing#18 Breathing Through Mouth And Nose
- Body#12 Shoulder Rolling
- Body#13 Shoulder Rolling 2

3-4 Times a week:

- Communication#24 Talking Things Out
- Happy#23 Realize Your Joy
- Communication#24 Talking Things Out

Example program 2:

Daily:

- Jaw#1 Reading Out Loud
- Throat#5 Delight Surprise
- Tongue#11 "Ng-ah" Exercise
- Breathing#17 Exhaling All The Air
- Body#16 Head Turning
- Body#15 Head Rolling

3-4 Times a Week:

- Happy#22 Positive Talking
- Communication#24 Talking Things Out
- Relaxation#19 Doing Nothing

Example program 3:

Daily:

- Jaw#3 Chewing
- Throat#8 Imagine Laughing
- Throat#7 Imagine Gargling
- Tongue#10 Tongue Stretching

- Breathing#17 Exhaling All The Air
- Body#12 Shoulder Rolling
- Body#15 Head Rolling

3-4 Times a Week:

- Happy#22 Positive Talking
- Communication#24 Talking Things Out
- Relaxation#19 Doing Nothing

Now it's time to take action. The most common reason this program doesn't work for everyone is that people simply do not do the exercises.

Don't be a victim of laziness. Take action and pick out the exercises you want to do and cure your self of TMJ permanently.

End Of Free Chapter
Get The Complete Version Now!

