

Jaw Tension (TMJ) Diagnosing and Treatment

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.



What is Jaw Tension?

When stress builds up in the jaw joint, it is referred to as jaw [Tension](#) or temporomandibular joint disorder (TMD or TMJ). As complicated as that sounds, it's actually very simple.

The temporomandibular joint is located on both sides of the head at the point where the jawbone meets the skull.

Problems can develop when the supporting muscles and ligaments of the temporomandibular joint are over

stretched and out of alignment or when there are problems with the joint itself such as [Arthritis](#).

Depending on the cause, temporomandibular joint disorders can affect people of all ages, although women under the age of forty are more prone to the [Tension](#) and stress related problems.

Many people complain of problems associated with their jaw. People suffering from temporomandibular joint disorder may experience difficulty in opening or closing their mouths, or their jaws may ache at certain times.

Talking may become difficult, and eating and swallowing uncomfortable. [Headaches](#), earaches, neck pain, stiffness and sometimes jaw clicking or teeth grinding are also listed as symptoms.

What Causes Jaw Tension?

There are many factors and causes of TMJ. The most common causes of TMJ are a joint which becomes overworked and disjointed, causing stiffness and discomfort.

Common Causes of TMJ

- Jaw Clenching - or Bruxism (you may grind your teeth during the day and/or at night while you sleep)
- Poor posture



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Created for Planetary Herbs by licensed acupuncturist and clinical herbal

- Poor diet
- Lack of sleep
- Stress
- Inability to relax
- Medical conditions such as [Arthritis](#), jaw dislocations and fractures

Help for Jaw Tension

If you are experiencing TMJ symptoms, your doctor or dentist will be able to determine the causes of temporomandibular joint disorder and suggest treatment. Treatment usually depends on the type of jaw ailment and TMJ symptoms you are experiencing.

Often, a mouthpiece or an adjustment to your bite (the way the teeth come together) is all that is required. The dentist may prescribe painkillers, or recommend heat or ice packs to help soothe the pain. Jaw exercises also help to strengthen the muscles and the jaw. In more extreme cases, surgery is necessary.

Herbal and [Homeopathic Remedies](#) can also be very helpful in the overall treatment plan for people who experience jaw [Tension](#) or TMJ symptoms.

[Homeopathic Treatments](#) such as Causticum, Hypericum perforatum, Ignatia, Kalmia, Magnesia phosphorica, Rhus toxicodendron and Ruta graveolens can soothe and relax strained ligaments in the jaw area. [Herbs](#) in a tincture form such as Cramp [Bark](#) (*Viburnum opulus*), Lobelia (*Lobelia inflata*), Passiflora incarnata and [Melissa officinalis](#) can also provide safe and natural alternatives to prescription medications.

Consult a health practitioner, homeopath or naturopath for further advice if necessary.

More Information on Jaw Tension

A lot can be done in a personal capacity to alleviate discomfort and other symptoms that may cause distress.

Additional Treatments for Jaw Tension

- Counseling, acupuncture, the Alexander technique (correcting your posture) and relaxation therapy to relieve stress
- Eating soft, healthy foods that do not stress the jaw joint such as soups, fish, yogurt, steamed vegetables and soft fruits
- Stretching your neck regularly
- Applying pressure to your jaw
- Sleeping on your back to avoid applying pressure to your face
- Adding calcium to your vitamin intake

Related Products

- Native Remedies [Nerve Tonic](#) - Helps soothe anxiety levels at the first signs of an anxiety attack
- Native Remedies [MindSoothe](#) - Promotes balanced mood and feelings, as well as healthy levels of serotonin and other neurotransmitters
- Native Remedies [PureCalm](#) - Aids nervous system in stress resistance for balanced moods and feelings of well being

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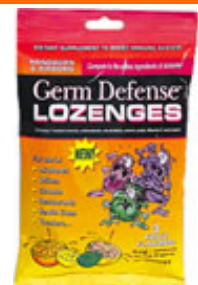


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Getting sick (or at least pretending to) was sort of fun back in the old da



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Natural Help for Pain Management

Joint Pain, Arthritis and Gout, Headaches & Migraines, Sciatica, and Fibromyalgia

Joint Pain, Arthritis and Gout

An herbal pain remedy can be a safe, effective way of treating pain in your back, joints, legs, etc. without the potential side effects of prescription medications.

With all of the recent controversy surrounding pharmaceutical drugs, including the recall of Vioxx, more and more **people are looking towards herbal remedies** for joint pain.

From treating the symptoms of arthritis to easing your back from overactivity, herbal pain remedies may just be the answer for you.

What is the best herb for treating joint pain?

Although there are a variety of herbal remedies for joint pain and other afflictions, **one of the most researched herbs is Harpagophytum Procumbens**, also known as Devil's Claw because of the shape of its fruit.

Harpagophytum is native to the Kalahari Desert in South Africa, and **natives have used it for centuries to treat aches and pains** throughout the body.

In addition to being a **powerful herbal pain remedy**, Devil's Claw has been shown to have a number of other health benefits, including lowering cholesterol levels and reducing uric acid.

It is used worldwide as an herbal remedy for joint pain, hypertension, diabetes and gout, and has **strong anti-inflammatory properties**.

As such it can **significantly reduce back pain** and symptoms of rheumatoid arthritis and osteoarthritis, among other health problems.

We have discovered a natural treatment for joint and arthritis pain that we have had tremendous

success with.

This herbal supplement is called [Joint Ease](#) and it contains **pure Harpagophytum Procumbens (Devil's Claw)** which can help relieve joint and back pain, treat the symptoms of arthritis, as well as provide general health benefits.

This breakthrough [herbal arthritis pain remedy](#) can provide **safe, effective pain relief** without the potential side effects and complications of prescription drugs.

For gout pain, Gout-Gone is a safe, non-addictive, FDA-registered natural remedy containing *100% homeopathic ingredients* to **relieve gout symptoms, including swelling, inflammation and burning pain** in small joints, especially the big toe.

Gout-Gone helps to **support joint health** and keep uric acid levels in the healthy range, without harmful side effects. This remedy contains a selection of homeopathic ingredients known to **address discomfort associated with gout**.

Gout-Gone is taken internally and presented in a convenient, concentrated tincture formula. It is easy to ingest and hassle-free with **no artificial colors or preservatives**. It is *safe for all ages, including pregnant women or those who may be breastfeeding*.

Headaches & Migraines

Headache natural treatments can help alleviate the symptoms associated with mild headaches as well as migraines and tension headaches.

Many people look to **natural alternatives for headache relief** to avoid the potential side effects of prescription medications such as Fiorcet, Imitrex and Relpax.

Natural Headache Cure

There are many different types of headaches, the most common of which is the tension headache. This is characterized by **muscle contractions which pinch nerves or blood vessels** in the head, and can be brought on by stress, eyestrain or teeth grinding.

Vascular headaches, such as migraines, are **caused by the constriction and dilation of the blood vessels** in your head.

Migraines can be triggered by a variety of factors, including **excessive caffeine, certain foods, emotional swings, sexual activity, exercise and hormonal imbalances**, among others.

Natural treatments can help ease the pain by tempering muscle and blood vessel constriction as well as **treating the causes and symptoms** of the various types of headaches.

Following are the best natural headache herbs:

Chamomile - one of the best natural sedatives, chamomile can relieve migraine and tension headaches, and can alleviate symptoms such as irritability and nervousness.

Dandelion Root - an important liver tonic, dandelion can cleanse the liver and help remove toxins which may be the root of headaches and other health conditions.

Ginkgo Biloba - one of the oldest herbal remedies, ginkgo has been shown to increase oxygen and blood flow to the brain. It can help dilate blood vessels therefore easing migraine and tension headache pain.

Gotu Kola - similar in action to ginkgo, gotu kola can help improve circulation in the brain and increase blood vessel strength.

Rosemary - used in many culinary dishes, rosemary has antioxidant capabilities and can increase your sense of wellness.

Yucca Root - also a treatment for arthritis pain, yucca can relieve high blood pressure and can relieve migraines and other types of headaches.

Other Headache Natural Treatments

5-HTP - derived from the seeds of an African plant, 5-HTP is helpful with all types of headaches and can ease anxiety, depression and sleep disorders.

SAMe - a naturally occurring substance in the body, SAMe is used for improving intellectual performance and can help relieve headache symptoms.

We have found a nutritional supplement that contains all of the [headache natural treatments](#) in one comprehensive formula.

The product is called [Neuro Natural Formula](#) and it is made up of **all natural herbal extracts, as well as important vitamins, minerals and nutrients** that can offer headache relief as well as provide many other therapeutic benefits.

We researched the company that makes [this natural product](#) and have found that they adhere to **strict GMP compliance**, which are the highest manufacturing standards in the world. This ensures the **quality and effectiveness** of the ingredients.

Sciatica Pain

The sciatic nerve is **the longest peripheral nerve in the body**, and runs from the lower back through the pelvis and buttock area, right down to the back of the lower leg. It is an extension of the lower end of the spinal cord and is made up of the lumbar and sacral nerve roots from the

spine.

The sciatic nerve runs out of the lower spine, behind the hip joint and down the back of the thigh. Its **function is to send signals from the brain to the muscles of your leg** and from the leg back to the brain – therefore **helping to regulate movement in the limbs**. Movement and feeling in the legs and feet are largely dependent on the sciatic nerve, which is very important to quality of life and maintaining normal mobility. Because it originates in the spinal cord, the health of the spinal cord and its vertebra plays a large role in the healthy functioning of the sciatic nerve.

SciatiGon is a 100% safe and effective natural remedy for supporting the health of the sciatic nerve, spine, and nervous system.

The formula remains true to the **Full Spectrum Approach**[™] (FSA) of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

By supporting the spine and the nervous system, including the sciatic nerve, **SciatiGon** can make all the difference.

Fibromyalgia

Fibromyalgia (FM) is a collection of signs and symptoms that can change from day to day. Fibromyalgia herbs may help treat the many symptoms associated with this mysterious and debilitating syndrome. Fibromyalgia affects millions of people, with a larger percentage of women being affected than men.

Fibromyalgia is a systemic condition which is characterized by a number of symptoms. The **cause of fibromyalgia is unknown**, and unfortunately it cannot be diagnosed until all other conditions are ruled out. Fibromyalgia symptoms include **severe muscle pain and soreness, fatigue and unrestful sleep and morning stiffness**.

Some other fibromyalgia symptoms are depression and anxiety, which could result from the pain and sleep deprivation associated with the condition.

Fibromyalgia can be severe, and it can take its toll anywhere on the body. It can also be an underlying cause of neck and **back pain**.

There are no known cures for **Fibromyalgia**, due to the fact that the cause is unknown. Theories suggest the condition **may be due to chemical or hormone imbalances**. However there are treatments that can help alleviate the various fibromyalgia symptoms. Besides pharmaceutical drugs, there are natural alternatives such as fibromyalgia herbs that may be safer

than prescription medications.

Learn more about natural ways to help heal your [Fibromyalgia](#) and end your cycle of pain.