



## Holistic Tips for TMJ Healing

### 1. Heat & Warmth:

Cold is great for cutting off temporary pain perception, but in the long run, we want blood flow to support repair and healing rather than restriction and shutting down (which applying cold causes).

- a. Use hot towels on face and jaw/neck, alternating the spots to alleviate muscular spasms
- b. Taking a hot bath can soothe and relax to your entire body
- c. Add soothing, high quality essential oils to further aid the healing

### 2. Self Care, including Professional Providers:

Find a therapist who can work with your needs and level of pain.

- a. Stress Management & Relaxation Massage—reconnect to that “feel good” feeling
- b. Trigger Point Therapy—to remove the knots and tightened muscles. Some therapists are capable of handling intra-oral work, or better yet, train you on how to work with those trigger points yourself
- c. Myofascial/Connective Tissue Work—to release the holding patterns which create strain on your body
- d. Acupuncture—to correct the energy imbalances in your body

### 3. Pain medication and Muscle Relaxers:

These can be helpful temporarily, but are only a short term solution. They are not meant to solve the problem, but are aids to be used wisely while your body is healing. If your pain tolerance is low, you would benefit from working to change your pain perception.

### 4. Meditation:

Meditation is a great way to control your perception retrain your nervous system to calm down so it does not send pain signals to alert you to danger all the time.

- a. You are gifted with some TMJ meditations on [soundcloud.com/efttapper](https://soundcloud.com/efttapper)
- b. These are nice too: [www.chopra.com/articles/guided-meditations](http://www.chopra.com/articles/guided-meditations)

### 5. Nutrition & Supplements:

- a. Magnesium is often suggested as a way to support muscle relaxation
- b. If you see a other providers, including acupuncturists, check to see what they might offer

### 6. Soft foods and change of diet:

Be easy on your jaw. Work with your jaw to find food that is not going to cause pain. Appreciate your jaw for what it can tolerate. It's your friend, not your foe.

### 7. Emotional Support

a. It's the connection, the sense of being heard and understood that is important. You will likely benefit from having an ongoing therapeutic relationship with professionals such as counselors or EFT practitioners.

b. This is available for you as a place to ask questions that could benefit not just you, but also other clients at the same time: <https://www.facebook.com/groups/EFTforTMJ/>

### 8. Stress Management & EFT Meridian Tapping

Stress & anxiety management is critical. EFT is a great way to cause shifts of perception (such as pain and stress) and belief systems from the core. EFT can also provide a safe way to support your trauma release, whether that be anger, frustration, or shock (including diagnosis or the aftermath of surgery.) There are an abundance of EFT practitioners across the nation who can help.