



Holistic Tips for TMJ Healing

1. Soft Food and Accommodating Diet

Working with your jaw to find food that is not going to cause additional pain and stress is important for now. Explore the relationship with your jaw – it's always working hard, trying it's best. It's your friend not your foe.

2. Physical Intervention

- a. **Trigger Point Therapy, Dry Needling, Acupuncture** —> Quality professional work can aid in actively removing knots and releasing tension in the body. When seeking practitioners, ask of their experience and philosophies and see it how resonates with you. They may have professional opinions, but ultimately your body is your responsibility.
- b. **Myofascial/Connective Tissue Work** —> Connective tissue deeply affects the physical functions and conditions, at times creating some tension holding patterns which create strain and pain. Learning to do self-care here is a must also.

3. Exploring Heat & Warmth along with Cold Treatment

Cold treatment is good for temporarily reducing inflammation and to reduce pain perception. However, if prolonged unnecessarily, it can also restrict healthy blood flow to the area and numb the messaging from the body, thus delaying repair and healing. Check to see how your body responds with the following. If it feels good, give the treatment so your body can relax and repair.

- a. Apply hot towels on face, jaw & neck, finding spots that feels good, to alleviate muscular tension and spasms
- b. Take hot bath or foot bath, to soothe and relax to your entire nervous system.
- c. Add soothing, quality essential oils to further aid the relaxation

4. Pain medication and Muscle Relaxers:

Pills can be helpful but are only a short term solution. They typically do not solve the underlying reason for the pain or tension. Use these as aids wisely, with the intention to ease up and become independent from them eventually. Changing the pain perception and relationship to pain is possible and it will be very helpful.

5. Calming Our Nerves

In some cases, TMJD can be a result of chronic stress (over drive of the sympathetic response which generates tissue hardening stress hormones.) One way to increase quality of life and support healing is to retrain the nervous system. If meditation works for you, that's great (but it's not for everyone.) There are other effective methods also. Explore mind-body exercises such as Breathwork, Yoga, Qigong, TRE, EFT Tapping etc.

-> Try out this free gift: TMJ meditations (a morning & evening version) on soundcloud.com/efttapper

6. Taking Care of Emotions

TMJD can be an emotional experience. Not being able to bite into and eat what you used to enjoy, having to see many different health care practitioners, being suggested different treatments, not knowing which steps to take, the fear of possibly not recovering, the fear of the locked jaw, or fear of uncertainty....you may or may not be aware of the many emotions that accompany this condition. As such, it is critical that we have good coping methods. One tool that comes in highly recommended is "Tapping" (or EFT Tapping.) A powerful stress management tool also, EFT can help create more safety as we walk through the shock, anger, frustrations, and even traumas (including diagnosis or the aftermath of surgery.)

IN THE END

If any of these tips are helpful and you would like to explore further, join us for the free email series where we will take another closer look at these concepts and methods along with some suggested "Tapping" videos.

You can sign up here → <https://subscribe.com/n0r9a1>

Thank you for reading, and please let us know how this resonates with you.
Wishing you a swift and comfortable recovery.