



Holistic Tips for Your 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 the “cold” causes).

- a. Use hot towels on face and jaw/neck.....alternating the spots to alleviate the muscular spasms
- b. Hot baths are soothing and relaxing to your body overall
- c. Add soothing high quality essential oils to further aid the healing

2. Self Care, including Professional Providers:

Find a therapist/provider who can work with your level of pain and what you require

- a. “Stress Management & Relaxation Massage” - reconnect to that “feel good” feeling
- b. “Trigger Point Therapy” - to remove the knots and tightened muscles. Some are capable of handling intra-oral work, and better yet, train yourself how to address those trigger points.
- c. “Myofascial/Connective Tissue Work” - to release the holding pattern which creates strain on your body.
- d. “Acupuncture” - supports to correct the energy imbalance to bring your health back

3. Pain medication and Muscle Relaxers:

Can be helpful temporarily, but do know these are only supposed to be short term solutions to help you get through. They are not answers that brings about healing, but are aids to be used wisely, while your body is healing. If your pain tolerance is low, you will benefit from working to change your pain perception.

4. Meditation:

Meditation is more than what you think. It’s a great way to control your perception, and can retrain your nervous system to calm down, so it does not send pain signals and alert you of danger all the time.

- a. You are gifted with [free TMJ meditations](#) from us
- b. I like these too : www.chopra.com/articles/guided-meditations
- c. Another one I’ve found : [Soundcloud.com/sherri-dmyterko/tmj-meditation](https://www.soundcloud.com/sherri-dmyterko/tmj-meditation)

5. Nutrition & Supplements:

- a. Magnesium is often suggested as a way to support muscles to relax
- b. If you see a other providers including acupuncturist, 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 slow going, but 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 and such.) There are an abundance of EFT practitioners who can help.

