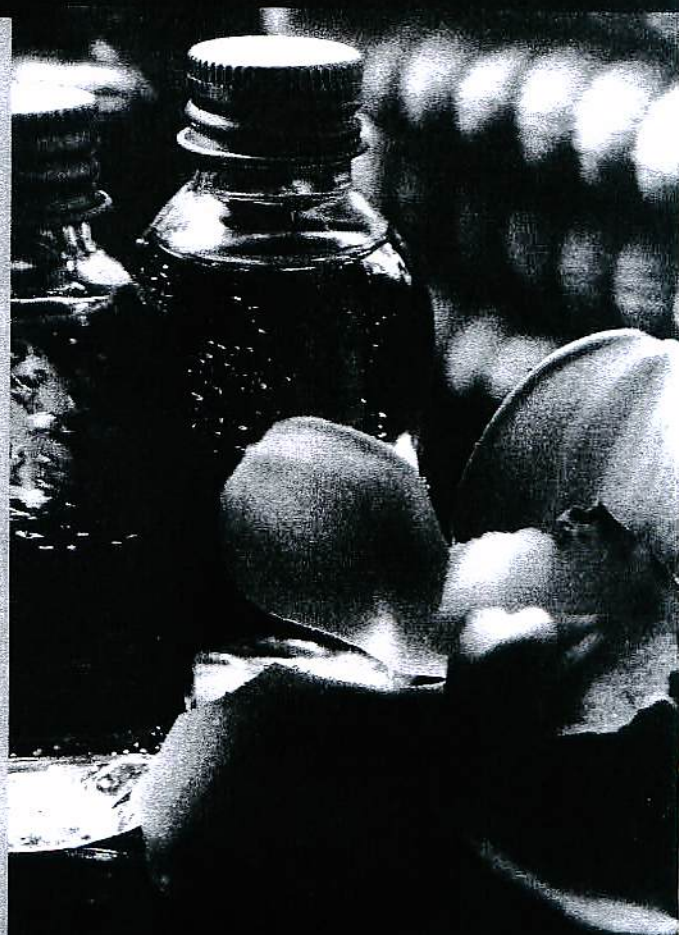


BOTTOM LINE'S

Breakthroughs in Drug-Free Healing

**Thousands of the
Best Science-Proven
Natural Remedies to
Curb, Cure and
Prevent Common
Ailments and
Serious Conditions**



• When you open your jaw to talk or chew, it clicks or pops, or there's a grating sensation

• Your bite is uncomfortable or uneven

• The joint locks, so it's hard to open or close your mouth

• You have headaches

Like many common pain problems, experts aren't really sure what causes TMD. Stress; poor, neck-jutting posture; jaw injury (from something as serious as a car accident or as "minor" as chronic pen chewing)—they're all candidates, along with a long list of other possible culprits.

Therapies for TMD range from jaw surgery to ice packs. What's the best therapy? The cheapest and safest? Read on.

Breakthrough Study

Dentists in the Department of Oral Medicine in the School of Dentistry at the University of Washington in Seattle studied 200 people with TMD, dividing them into three groups.

One group received dentist-prescribed self-care treatment—jaw relaxation exercises, directions not to chew gum or engage in any other type of chronic jaw activity, hot packs on painful areas, advice about the reasonable and effective use of painkillers, gentle jaw stretches and lessons in stress reduction.

One group got the same type of self-care advice, along with an expensive, customized high-tech mouthguard (hard splint), made in a dental laboratory and fitted by the dentist.


And the third group got self-care advice along with an inexpensive soft athletic mouthguard (soft splint), with the dentist supervising the patient's shaping of the splint for his/her own mouth.

Result: After one year, all three groups had similar improvements in pain; range of motion

of their jaw; TMJ clicking and popping sounds and grating; and chewing limitations.

"This study lends support to using the most conservative treatment for TMJ. Patients can be treated successfully with self-care therapies," says Edmund Truelove, DDS, who led the study.

What to do: Talk to your dentist about an appropriate self-care regimen for TMD. You might also want to consider using a soft athletic mouthguard.

 The mouthguard used in the study was the Form Fit Regular mouthguard from SafeTGard.

 www.safetgard.com. SafeTGard Inc., PO Box 1468, Golden, CO 80402 (800-356-9026, 303-763-8900) or fax (800-382-6789, 303-763-8071).

Book for self-care: *Taking Control of TMJ* by Robert O. Uppgaard, DDS (New Harbinger).

FLOAT AWAY FROM FIBROMYALGIA

Fibromyalgia is the twin of chronic fatigue syndrome (CFS). In CFS, you might have near constant, severe fatigue, along with insomnia, memory and concentration problems, digestive upset and frequent infections. In fibromyalgia, you could have all those problems *and* widespread chronic muscle pain and achiness, says Jacob Teitelbaum, MD, medical director of the Fibromyalgia and Fatigue Centers and author of *From Fatigued to Fantastic!* (Avery). "For most people, fibromyalgia and chronic fatigue syndrome are the same illness." (For more remedies for fibromyalgia/chronic fatigue, see page 414 of Chapter 16, "Stress, Insomnia and Fatigue.")

If you're one of the three to six million Americans with fibromyalgia (most of them women), you're looking for ways to ease your