

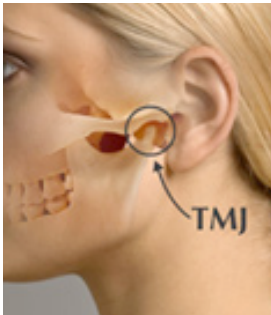


Blackheath Natural Health

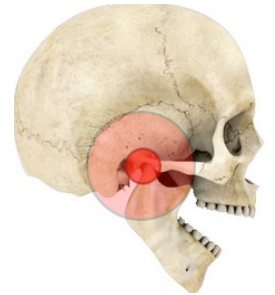


JAW RUBBING HOMEWORK

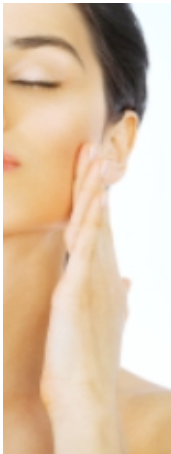
The TMJ



Where the skull bone meets the jaw bone you have the TMJ (*temporal mandibular joint*) which is a hinge joint that sits just in front of your ear. This joint is one of the most used joints in the entire body capable of a greater range of movement than any other joint - **the average person opens and closes their jaw a minimum of 2000 times a day. 50% of the brain's messages filter through this area.** And the muscles here are really powerful. The two TMJ's operate completely independently of one another, but yet have to be delicately balanced to open and close both sides of your mouth at the same speed. And a lot of us are out of balance. Dental surgery, whiplash, and heavy stress put you at risk for having one side open before the other, or having just one side do all the work. And that's where the pain typically starts.



Jaw circles to alleviate tension and pain

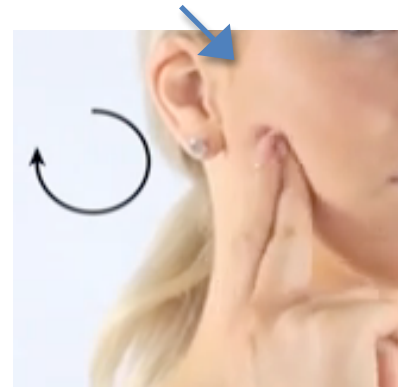


(pic left) Brace your jaw by putting one hand flat against your face and jaw.

(pic right) Using your fingertips in a circular motion, gently massage along the line of the other side of your jaw starting beside the top of the ear and working your way down to your chin with a firm pressure. Rubbing *on* the jaw not *underneath* the jaw line. Do this on both sides.

Go back and forward over any areas which feel tight, lumpy or gristly. These are congested areas and need to be worked on more. You may experience pain or discomfort so work around and into the area so you're not constantly on the painful area.

Open and close your mouth slowly at the same time to increase the effect. This may help to lessen discomfort.



You may also want to try gently pulling your chin down until your mouth begins to open, relaxing the jaw muscles.

Jaw rubbing can be done at any time. Helpful to do before sleep to relax the jaw and lessen a tendency to teeth grind in sleep. Also useful to do when you wake up, a way of training the jaw not to tighten up during the day. Any time you're sitting and not doing an activity you can rub your jaw. We hold so much tension in our jaw and this can affect many other areas in the body, notably the sacrum and hip area.

Do jaw rubbing daily, morning and evening thoroughly, and at any other times of the day that you can.

It is controlled by the Motor Cortex of the Brain which controls every bodily movement. An unbelievable 50% of the sensory and motor brain cells are devoted to the TMJ - jaw area, lips, tongue, and teeth, i.e. 50% of the brain's messages filter through this area. The significance of this is that if the TMJ is suffering from any form of dysfunction or lack of coordination, this can create confusion in any motor function in the body. That is why it is so important to test and correct the TMJ on every person we see.

A clinical trial was conducted where every new client who presented was given a thorough examination, and all the results of Kinesiological testing were noted. If any dysfunction of the TMJ was among the imbalances found by muscle testing, the new client was asked if they wished to take part in the experiment.

They were asked to agree that regardless of the problem they had come to address, they would be treated only for TMJ imbalance and nothing else. So if they had a bad hip, or digestive problems, or headaches, or whatever, they would only be treated for the TMJ.

At the end of the experiment, statistics showed that of all the people who had agreed to take part in this experiment, over 85% had a virtual remission of all the symptoms they had originally had within a month.