



The TMJ Healing Plan: Ten Steps to Relieving Persistent Jaw, Neck and Head Pain (Positive Options for Health)

Cynthia Peterson

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The painful joint disorder known as TMJ manifests in the jaw, neck, back, and head, making it a debilitating condition that can adversely affect daily life. The many sufferers of TMJ — the disorder is shockingly common, affecting 1 in 25 people — often must pay exorbitant fees for dental splints (\$450) or surgery (upwards of \$100,000), and they are forced to invest time and energy to manage their pain. Cynthia Peterson wants to help TMJ sufferers to find a new way to alleviate their discomfort, offering tips of on posture, tongue placement, and simple physical therapy exercises that can reduce, relieve, and even eliminate TMJ-associated pain. Each section is illustrated with photos and drawings, making this invaluable guide an easy-to-use resource for those who need it most.

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