

Mindful



Health

# Newsletter

Vol. 1 • Issue #2

I hope you all enjoyed my first newsletter. I have so many topics that I want to write about but one that seems to keep coming up amongst clients and friends is TMJ, otherwise known as Temporomandibular Joint Syndrome. We now know why it has been shortened to TMJ. Here is some information; I hope it is helpful.

It is estimated that 10 million Americans suffer from TMJ. TMJ is brought on by clenching the jaw, grinding the teeth or by an incorrect bite. People tend to grind and clench when they are stressed or even when their blood sugar is low. It can also be brought on by poor posture, cradling the telephone between the shoulder and the jaw, gum chewing and poor dental work. Oriental Medicine happens to view grinding the teeth and its related problems to the emotion frustration and the organs that are affected by this sentiment are the stomach, kidney, bladder and sex organs.

## FOODS THAT HELP TMJ:

- Whole grains such as barley, millet and sweet rice will help to balance the kidneys and the stomach.
- Beans and bean products assist the kidneys and the bladder.
- Sea vegetables such as arame, nori, and kombu also heal the kidneys.
- Fresh pineapple because it contains bromelain, excellent for reducing inflammation.

## AVOID:

- Caffeine containing beverages
- Spices that may upset the stomach
- Pickled foods which also affect the stomach
- Sugar
- Gum

## TREATMENTS THAT MIGHT HELP:

- Acupuncture
- Craniosacral therapy
- Biofeedback
- Massage
- Essential oils such as Peace and Calm by Young Living
- Applying hot and cold compresses to the area of pain and massaging the muscles.

**Tip:** If you work at a desk, check your posture frequently. Many of those who suffer from TMJ are sitting at a computer all day. Take a few moments to stretch your neck, back and shoulders to release some tension.

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a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 452-3491  
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