



New website helps stop the pain for TMJ patients through an alternative treatment

TMJ-Help.org, December 16, 2006

URL: <http://www.pr9.net/health/dentistry/4909december.html>

TMJ-Help.org was launched last week to guide TMJ patients through a natural treatment of the disease.

PR9.NET December 16, 2006 - San Diego, CA - Temporomandibular Joint diseases and disorders, commonly called "TMJ", refer to a complex and poorly understood set of conditions that can cause pain in the area of the jaw joint and associated muscles and/or problems using the jaw. Both or just one of the Temporomandibular Joints may be affected. TMJ diseases and disorders can affect a person's ability to speak, eat, chew, swallow, and even breathe.

The use of surgery as a solution is thankfully declining radically, as it usually is a solution of last resort and requires definite indicators for being undertaken. No one should have joint surgery without several opinions. Some patients are helped by surgery, but many more are made worse. It is not a question really of surgery or not; it is a question of the diagnosis.

TMJ-Help.org program works because it is directly aimed at loosening up and strengthening the patient's "weaker muscles," which are causing his pain - instead of cutting them (like in surgery), or pushing them aside (like those incredibly uncomfortable devices they make patients wear in their mouth) which, besides being uncomfortable and ineffective, can even be dangerous!

But strengthening and relaxing the jaw alone won't cure TMJ. The worst problem of TMJ is that all the muscles in the head work together to dislocate the jaw joint. TMJ-Help.org program finally solves that by working on relaxing and strengthening every muscle in the patient's head, from the inside out. This program first explains the patient his TMJ problem and then gives him a simple, step-by-step program that is aimed specifically at his causes for TMJ.

"After the first couple of days I could feel a noticeable change. The clicking, popping, and tension were 90% gone. Each day things continued to improve", says Mary Stuart, a TMJ patient who has been able to overcome the pain through TMJ-Help.org program.

Besides of being simple, the program is very affordable. "I literally spent thousands of dollars and visited at least 20 health professionals without any result. In 2 weeks and for about \$60, TMJ-Help.org program considerably reduced the pain and finally gave me the hope that some day, it will be totally gone", says Marty Fisher, another TMJ-Help.org happy customer.

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About TMJ-Help.org

www.iPodMediaSelection.com was launched as an alternative to Apples' iTunes and offers DVD video to iPod video converter, iPod to iPod and iPod to PC transfer softwares as well as a smart iPod data recovery system.

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