The TMJ No More Program!

Get relief from your TMJ Naturally. 
Using simple jet powerful exercises

By: Christian Goodman
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# Curing Your Self of TMJ

Suffering from TMJ, you probably know a lot about the condition already. There are however so many wrong claims about it, I want to spend couple of minutes explaining it.

TMJ is not just having pain in the jaws. That’s just one of many symptoms.

Among other symptoms are (the list is long)...

<table>
<thead>
<tr>
<th><strong>Eye Pain and Eye Problems:</strong></th>
<th><strong>Head Pain, Headache Problems, Facial Pain:</strong></th>
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</thead>
<tbody>
<tr>
<td>- eye pain above, below, behind</td>
<td>- forehead pain</td>
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<tr>
<td>- bloodshot eyes</td>
<td>- temporal pain</td>
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<tr>
<td>- blurring of vision</td>
<td>- &quot;migraine&quot; type headache</td>
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<tr>
<td>- bulging appearance</td>
<td>- &quot;cluster-type&quot; headache</td>
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<tr>
<td>- pressure behind the eyes</td>
<td>- sinus headache under the eyes</td>
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<tr>
<td>- light sensitivity</td>
<td>- posterior, headaches, back of head, with or without shooting pains</td>
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<tr>
<td>- watering of the eyes</td>
<td>- hair and/or scalp painful to touch</td>
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<tr>
<td>- drooping of the eye lid</td>
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<tr>
<th><strong>Mouth, Face, Cheek, and Chin Problems:</strong></th>
<th><strong>Teeth and Gum Problems:</strong></th>
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<tbody>
<tr>
<td>- discomfort or pain to any of these areas</td>
<td>- clenching or grinding at night</td>
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<tr>
<td>- limited opening</td>
<td>- looseness and or soreness of back teeth</td>
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<tr>
<td>- inability to open the jaw smoothly or evenly</td>
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<tr>
<td>- jaw deviates to one side when opening</td>
<td>- tooth pain</td>
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<tr>
<td>- inability to &quot;find bite&quot; with teeth</td>
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<tr>
<th><strong>Jaw and Jaw Joint Problems:</strong></th>
<th><strong>Ear Pain, Ear Problems, and Postural Imbalances:</strong></th>
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<tbody>
<tr>
<td>- clicking, popping jaw joints</td>
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</table>
- grating sounds
- jaw locking opened or closed
- pain in cheek muscles
- uncontrollable jaw or tongue movements

- hissing, buzzing, ringing, or roaring sounds
- diminished hearing
- ear pain - without infection
- clogged, stuffy, "itchy" ears, feeling of fullness
- balance problems, "vertigo", dizziness, or disequilibrium

<table>
<thead>
<tr>
<th>Throat Problems:</th>
<th>Neck and Shoulder Problems:</th>
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<tr>
<td>- swallowing difficulties</td>
<td></td>
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<tr>
<td>- tightness of throat</td>
<td></td>
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<tr>
<td>- sore throat without infection</td>
<td></td>
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<tr>
<td>- voice fluctuations</td>
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<td>- laryngitis</td>
<td></td>
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<tr>
<td>- frequent coughing or constant clearing of throat</td>
<td></td>
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<tr>
<td>- feeling of foreign object in throat</td>
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<tr>
<td>- tongue pain</td>
<td></td>
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<tr>
<td>- salivation (intense)</td>
<td></td>
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<tr>
<td>- pain of the hard palate in the mouth</td>
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<td>- lack of mobility - reduced range of movement</td>
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<td>- stiffness</td>
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<td>- neck pain</td>
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<td>- tired, sore neck muscles</td>
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<tr>
<td>- shoulder aches</td>
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<tr>
<td>- back pain upper and lower</td>
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<tr>
<td>- arm and finger tingling, numbness and or pain</td>
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The good news are, the condition is usually only temporarily. The bad news are, until now, there has been no way to cure it.

**What causes TMJ**

Nobody knows for sure what causes TMJ. All that’s known is that it starts with some kind of disorders of the jaw joint.

The Jaw joint (the temporomandibular joint) is the most complex joint in the body because it’s two joints in one (one at each site). But that’s not all. It also has to function with the location of the teeth and more muscle groups than any other joint in the body.
Just think about all the tasks your jaw has to take: eat, yawn, talk (very complicated), breath, only to mention few.

Slightest dysfunction in the joint will set the whole system off.

It’s also located close to so many other delicate functions (being located around half the head), that dysfunction in the jaw joint will set of pain and problem in literally hundreds other areas.

Not to mention that there are so many delicate muscles closely related to the jaw muscles that can ‘pull’ the jaw or the jaw muscles out of order. This is possible one of many causes for TMJ.

This program has been extremely effective to deal directly with what I believe are the main underlying causes for TMJ (not just deal with the pain). And therefore cure it permanently, without using drugs.

I believe there are two major causes for TMJ:

- Tension in the face and neck muscles, dislocating the Jaw joint directly or indirectly.
- Stress or other emotional tension putting strain on the face and neck muscles and causing you to bite wrongly.

We’ll deal with both underlying causes in this program.

Note: I might be totally wrong about what causes TMJ. I’ve no scientific proof of this. All I know and all I care about is that most people working this program cure them self of TMJ. If I’m wrong about what causes TMJ, so be it. I’m happy to help and hope that you’ll be painless in few days too.

How to cure your self of TMJ

Traditional methods have been proven useless to treat TMJ. Even dental operations (most common treatment) has not been proven to give any permanent relief according to The TMJ Association (http://tmj.org)
The only traditional treatment recommended by them is stronger and stronger pain killers. But pain killers won’t treat the underlying causes for TMJ, only dull your self from the pain.

This program is the only method that deals directly with all the muscles around your head, to strengthen and relaxing them so they may led your joints naturally relocate them self in the right position.

This program also focuses on the underlying causes for your muscles being stiff. Emotional stress such as: Dread, Tension, Negativity, Blaming or anything else that is not positive and happy will unavoidable put strain on the delicate muscles around your head.

If I could shake a ‘magic wand’, take all stress and worries away from your life and make you totally happy, the muscles around your face would probably totally relax and your TMJ would disappear in few days (or even hours).

But I’m not a magic man and I don’t know anybody who is totally worry, stress, and dread free.

So we have to do this the old fashion way, by exercising to relaxing and strengthening the muscles in and around your head.

There are three major muscle groups we’ve to work on:

- Jaw muscles exercises
- Tongue muscles exercises
- Throat muscles exercises
- Neck and shoulders exercises

In addition, you’re given exercises to ‘bring the spirit’:

- Relaxation exercises
- Happy joyful exercises
- Communication exercises

Bringing this together you'll be relieved from your pain in no time.
How to work the program

TMJ is a complicated condition. What works for one person sometimes doesn’t work for others. To begin with, you should start by picking out the exercises that suit you:

1. You should pick one exercise in each physical exercise group:

   Jaw exercise
   Tongue exercise
   Throat exercise
   Neck and Shoulders exercise (you may want to pick more than one of these)

   Practice these exercises once a day, every day. This should only take you few minutes a day. Make sure, none of theses exercises causes you pain in your jaw join, especially the jaw exercises. If they do, switch over to other exercises that do not cause you pain. None of the exercises can harm you but there is no reason to cause more pain.

2. Then pick one exercise out of each of the other groups: Relaxation, Happy joyful, and Communication exercise. Practice these exercises at least 3-4 times a week.

   I’m not going to go into long explanation of why. The fact is that this has worked for hundreds (probably thousands now that you read it) and it will work for you too.

There is no way of saying how long it will take you to cure your self of TMJ. For some it takes couple of days but others need few weeks. The important thing is that you’ll be cured.

Examples of Program to Make:

Here are a few examples of how you can set up your TMJ program using the exercises in the program. You can either follow one of these program
or make your own with exercises that you feel suit you the best.

**Example program 1:**

**Daily:**
- Jaw#3 Chewing
- Throat#4 About To Yawn
- Tongue#11 "Ng-ah" Exercise
- Breathing#18 Breathing Through Mouth And Nose
- Body#12 Shoulder Rolling
- Body#13 Shoulder Rolling 2

3-4 Times a week:
- Communication#24 Talking Things Out
- Happy#23 Realize Your Joy
- Communication#24 Talking Things Out

**Example program 2:**

**Daily:**
- Jaw#1 Reading Out Loud
- Throat#5 Delight Surprise
- Tongue#11 "Ng-ah" Exercise
- Breathing#17 Exhaling All The Air
- Body#16 Head Turning
- Body#15 Head Rolling

3-4 Times a Week:
- Happy#22 Positive Talking
- Communication#24 Talking Things Out
- Relaxation#19 Doing Nothing

**Example program 3:**

**Daily:**
- Jaw#3 Chewing
- Throat#8 Imagine Laughing
- Throat#7 Imagine Gargling
- Tongue#10 Tongue Stretching
• Breathing#17 Exhaling All The Air
• Body#12 Shoulder Rolling
• Body#15 Head Rolling

3-4 Times a Week:
• Happy#22 Positive Talking
• Communication#24 Talking Things Out
• Relaxation#19 Doing Nothing

Now it’s time to take action. The most common reason this program doesn’t work for everyone is that people simply do not do the exercises.

Don’t be a victim of laziness. Take action and pick out the exercises you want to do and cure your self of TMJ permanently.
All Exercises In The Program:

Here is description of all the exercises in the programs. You can either follow one of the ready-made example programs, listed above, or you can pick a few exercises you like, and start practicing them.

**Jaw Exercises:**

There are many muscles that control the jaw. With most people, those muscles are both tense and we use them in the wrong way. Therefore, the jaw is not placed in the right position and that’s the single biggest cause for TMJ.

It is essential to loosen up your jaw so it can slide back into its original position.
Jaw #1 Reading out loud:

this exercise will loosen up your jaw and train the muscles that have been neglected. This will relax the jaw muscles and put the jaw in the right position.

The exercise:

Get a cap from a plastic soda bottle. Put it between your front teeth, so your front teeth will be about an inch apart. Sit upright to prevent the plug from falling into your throat if you lose it.

Now take a book or newspaper you love, and read out loud for about two to five minutes.

You can also repeat a poem, or a text from a movie, or any other text you know without reading. You can do this exercise anywhere you are.

Make sure you only put light pressure on the plug the whole time.

You should be able to make all sounds in the text except "sh". Doing the consonant ssss "Sh" you would have to put your front teeth together, so don't worry about this sound.

The first few times you do this exercise you will probably feel a little sore in the jaw, this will stop as you practice. Just do the exercise for one or two minutes the first few times, and then prolong it up to five minutes as your endurance increases.
Jaw #3 Chewing

This is the best exercise I know to relax and exercise the jaw muscles. It is so simple and you can do it anywhere you are.

Simply close your mouth and act like you are chewing gum. Chew like this for a minute or so at a time.

To do the exercise right make sure your molars on both sides move apart a little, and then touch lightly again. Also notice that your lips are supposed to be closed the whole time.

This exercise is pretty easy on your jaw because you are not actually chewing anything, but you might still feel a little bit sore in the beginning. Just take it easy (maybe chew for only a few seconds in the beginning) and then increase the time you exercise.

You can make a "mmm" sound as you chew. This will open the throat better. Making a "mmm" sound it not necessary it will just give the exercise extra boost.
**Throat Exercises:**

Opening up the throat is one essential part of curing TMJ. The throat muscles and the Jaw muscles are closely connected. They’ll also loosen up the shoulders and the neck and open up your sinuses.

**Throat #4 About To Yawn:**

This is the best exercise I know to open up the throat. Usually it takes some time to master this exercise so don’t worry if you don’t get it 100% right away, just keep on practicing.

The exercise goes like this...

Sit or stand straight.

Act like you are about to yawn while inhaling deep gasp. You don’t have to open your mouth wide, it’s the throat we want to open up.

Feel how your throat opens up and relaxes much more than usual, especially in the back of your mouth. A good way to increase this is imagining that you have a big orange in your throat.

Normal position of the larynx. As you get the about to yawn feeling the larynx opens up like there was a orange or balloon in it.

At the same time you are about to yawn, your jaw will also open up automatically.
It’s very good if the jaw drops enough so that if you place your finger at the joint, in front of and adjacent your ear, you can feel significant indentation.

But be sure not to try to push your jaw down. The opening of the throat and dropping of the jaw should be the results of the about-to-yawn feeling, but should not been forced by any means.

As you breathe in and experience the "about to yawn" feeling, at the same time the soft palate (colored part of the roof of the mouth) lifts away from the tongue.

When you let go of the "about to yawn" feeling and breathe out, the soft palate will most likely go back to its original position but might stay a little higher if you do this exercise well.

Instead of going through with the whole yawn, exhale normally. Keep the image of the orange in your mind.

Make sure you are not actually yawning, because yawning actually tightens the throat instead of opening it. The feeling of "about to yawn" is quite different.

Repeat this exercise eight to ten times, a few times a day.
Throat #5 Delight surprise:

One more exercise to show you how a happy positive attitude will open your throat and help you with TMJ. You can do this exercise whenever you feel any tension.

Simply imagine you see an old friend out on the street and are delightfully surprised. As you feel the surprise, make a natural "ah" sound, in a medium high pitch, and keep the sound for about two seconds.

As you make the "ah" sound and imagine seeing an old friend you like, the throat will widen up and the soft palate will lift up away from the tongue. Making more space in there.

Be aware how this feeling of surprise causes your mouth to drop open and the space in the back of your mouth widen.

The best part is that you will have a joyful feeling every time you do this exercise, and also remember old friends you like. Maybe it is time to give somebody a call. 😊

Repeat this exercise as often as you want, you can't overdo it.
**Throat #6 Imagine Inhaling:**
This exercise will open the upper part of your throat, all the way to the nasals. Doing it for a prolonged period of time, will open up your sinuses.

As you make an "ah" sound imagine you are inhaling through the space between and behind your eyebrows. Change the tone while you make the sound.

You are of course not inhaling in reality while you make the sound, but imagining you are inhaling through the space between and behind your eyebrows will open up your throat and relax your nasals.

This might be a little difficult in the beginning, but after doing the exercise few times you will get the hang of it. Repeat this exercise about ten times in succession, two or three times a day.
**Throat #7 Imagined Gargling:**

Imagined gargling is a very focused exercise to open the upper throat your sinuses and relaxing all the muscles around your jaw.

Imagine you are gargling on a round "ah" sound. Focus your gargling on the upper throat just behind the roof of the mouth. 

Try it first with a half teaspoon of water, putting your head back so the water rests in the back of your mouth. As you feel the gargling be aware of the stretching and opening of the throat.

Now swallow the water, and do the gargling with your head in a normal upright position, recreating the open throat feeling.

Remember as you do the gargling to make a round "ah" sound, and to focus on your upper throat behind the roof of the mouth.

The gargling will do three things: (1) exercise the soft palate by putting a light strain on it; (2) open up the nasal and sinus area; and (3) make a vibrating feeling in the breathing passage all the way up to the nasal opening. This is a great exercise if you suffer from stuffy nose.

Do this exercise twice a day. Make sure not to overdo it, making your throat sore.
Throat #8 Imagine Laughing:

When we laugh, a happy laugh, the throat opens up and your muscles relax. The sound can tense it a little. A better way to relax the throat is to imagine laughing.

It goes like this: Think about something funny. Now allow your self to laugh at it, but without making any sound. The best result is if the imaginary laugh makes an imaginary "eee" sound. This makes the widest opening in the throat.

Normal position for many snorers, the larynx is closed because of tension in it. As you feel the imaginary laughter the larynx will open up and relax.

You can do this exercise anytime during the day, driving the car, or waiting somewhere. The best part is you can't overdo this exercise, and you can't avoid becoming happy when you do it.
Tongue Exercises:

One of the main muscles in your head is your tongue. It’s connected to all the other muscles and relaxing and strengthening it is therefore essential.

Tongue #9 Tongue Rolling:

In this exercise, preferably sit upright. Relax your tongue, throat, and jaws. Rest your tongue in front of your front teeth.

Now roll your tongue around your mouth as if you were cleaning the front of your teeth.

Make sure you roll in a slow, light, relaxing way. After rolling for approximately one minute in each direction you will start to feel the tension in your tongue.

Don't worry about the tension, you can never overdo this exercise.
Tongue #10 Tongue Stretching:

You see that not only will this exercise, exercise the tongue but also open up the whole throat and relax the jaw.

In this exercise, preferably sit upright. Relax your tongue, throat and jaw. Make sure you don’t bite your molars together.

Stretch your tongue as far out and down as you can comfortably. Fill your lungs with air, and then make a "eh" sound (like you were starting to say Eric, but never made it to the "R") as you empty them completely. Put the tongue back in, and swallow if you need to.

Repeat this eight to ten times, once or twice a day. The last two times move your tongue from side to side as you make the "eh" sound.
Tongue #11 "Ng-ah" Exercise:

In this exercise, preferably sit upright, relax your tongue, throat, and jaw. Make sure you don't bite your molars together. Start by putting the tip of your tongue behind your lower front teeth. Now, repeat the sound "ng - ah" few times. (The ng sound as in "sing" and then add "ah" "ng-ah"). Notice your tongue as you make the sound. The back of the tongue should change position with each syllable. When you say "ng" it should be high up against your hard palate. But when you change to "ah" it should lower and make a round open space at the back of your throat.

The back of the tongue should go all the way up to where the soft and hard part of the mouth meet and close the throat.

As you make the "ah" sound let the tongue fall all the way down again.

Now watch yourself in the mirror as you repeat the exercise, this is how it should look.

The small flap hanging down and the stripy part in the back is the soft palate that causes the irritating snoring sound when it flaps.

Now do the exercise. Repeat "ng- ah" over and over again, for a minute or so. Make sure your jaw stays relaxed, the tip of your tongue is like glued to your lower front teeth, and that the back of your tongue moves with each syllable.

The most important thing about this exercise is to keep the throat open in a yawn feeling. Like with all the exercises, don't over do it. Doing it for a minute once or twice a day is enough.
**Body Exercises:**

If you have tension in your shoulders or neck it will automatically tense up your throat and jaw, causing worse TMJ. Here are few easy shoulder and neck exercises to loosen up.

**Body #12 Shoulder Rolling**

Stand or sit in a relaxed position; let your hands hang down. Now lift your shoulders as high as you can. In this position push your shoulders as far back as you can, and then let them slide down to the first relaxed position... as if you were rolling your shoulders in circles.

Repeat this rolling about 25 times twice a day, in a frisky manner.

**Body #13 Shoulder Rolling 2**

This is the same exercise as "Body #12" except now you do it the other way around.

Stand in a relaxed position; let your hands hang down. Push your shoulders as far back as you can. Lift them up, and then slide them down to the first position. Repeat this rolling about 25 times twice a day in a frisky manner.
Body #14 Chin Dropping
Let your chin drop slowly as far down on your chest as you can. Make sure your neck is totally relaxed, but straight, not stiff. Raise your head and stretch it as far back as you can. Be aware of all the muscles involved.

Do this very slowly, and in a relaxed manner. Repeat about twelve (12) times twice a day.

Body #15 Head Rolling
Stand in a relaxed position; let your hands hang down. Let your chin drop slowly down to your chest. Roll your head a whole circle, from right to left, and then roll the other circle from left to right. Repeat about twelve (12) times twice a day.

Do this very slowly, and in a relaxed manner. Make sure your neck is relaxed, and don't forget to breathe. Make sure you only roll once each way before you switch directions so you won't hurt the spine or get dizzy.

Body #16 Head Turning:
Stand or sit in a relaxed position, like before; let your hands hang down. Keep your head straight up.

Now turn your head slowly, as far as you can without screeching, to the right. Then turn it from right to left, and left to right about ten (10) times twice a day.
Breathing Exercises:

Breathing right is extremely powerful to deal with emotional or physical tension, causing your TMJ. Try these out a few times and feel the difference.

Breathing #17 Exhaling All The Air:

Most of us never exhale a big part of the air out of the lungs. By not exhaling completely, your breathing will be shallow and inefficient. You will not be able to fill the lungs with new fresh air.

We hold on to a lot of tension in our body by holding onto the air in the lungs. Of course you will never be able to empty the lungs completely, but holding onto too much air will prevent you from relaxing.

This exercise will help you empty out your lungs, making space for new fresh air. By doing it a few times you will probably notice your breathing becoming more efficient during the day, and night.

Bend your body very slightly forward, as if you are about to bow, while exhaling all the breath you have, so your lower abdomen is completely sucked in.

As you bend over a little let the diaphragm press all the air out of the lungs

As soon as the lungs are emptied, straighten up again and let the diaphragm suck the air into the lungs

As soon as you feel that you have emptied all your breath, straighten up again while taking an easy and smooth deep breath on an imagined round "ah" sound.

Be sure not to inhale too much, as it will make your body rigid. Repeat this exercise six or seven times in succession, once or twice a day. Make sure you don't overdo it. If at any point you start feeling dizzy, stop the exercise and wait a few hours before you do it again.
Breathing #18 Breathing Through Mouth And Nose:

This is an exercise you can do any time during the day, when you feel tension in your body, or emotions you want to get out (like if you need to get frustration out of your system).

Sit down. Keep your back straight.

Simply breathe through both your mouth and nose at the same time and feel how your breathing passages open up and the energy from overload of oxygen is filling you up.

Start by using your belly to breathe like you did in "Breathing #17 Exhaling All The Air". Then move your breathing up until you use your shoulders to breathe.

Then let all the air out through both your nose and mouth the same way. Start by letting the shoulders breathe out, all the way down to your belly breathing out. Feel how you relax.

Repeat a few times.

Breathing in and out, through both your nose and mouth at the same time will do two things. You will take in twice the oxygen than only using one gap, and you will open the throat up wider than usual.

Make sure you don't take in too much air, because that will actually create more tension in your body.
Relaxation Exercises:
Tension and stress is one of the biggest cause of TMJ. Learning to relax is therefore essential to cure TMJ. I recommend you do either one of these exercise at least 3 times a week.

Relaxation #19 Doing Nothing:

This is my favorite exercise. It took a while to get used to it, but now I am addicted to it. 😊

It is simple. Sit in your favorite chair, and do nothing for fifteen minutes a day.

You might think this is a waste of time, but I assure you it is not. Isaac Newton maybe thought he was wasting his time sitting under the apple tree. But it was there he realized his most famous principle.

Taking the time to sit for fifteen minutes, every day, takes an amazing amount of self-discipline. Everything will want to get in your way. But believe me, if you do this, your whole day will be better. You will be way more relaxed, and your stress (the worst enemy of the western world) will diminish tremendously.

Stress is one of the main hidden causes for TMJ. It gets all our body tensed up, especially the jaw and shoulders. If you think you are too busy to sit down for fifteen minutes a day and do nothing, then you probably need to do this exercise.

I am going to repeat the directions.

Sit in your favorite chair, and do nothing for fifteen minutes a day. If you think you have to do something, let it wait. If there is something very important to think about, do it after the exercise.

For fifteen minutes, you don't have to think about anything, don't have to make any decisions, don't have to read anything, don't have to listen to anything, and you don't have to do anything. Out of one thousand four hundred and forty minutes a day, you are going to do absolutely nothing for fifteen minutes.

When the fifteen minutes are over, open you eyes and check how you feel. Do you feel the same as when you started, or different? Did you feel temptations to stop the exercise and do something else? Was it always the same temptation
which wanted to stop you from doing what you had decided was the most important to do in the moment?

It will get easier to do this exercise the more you practice it.

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**Relaxation #20 Relaxing Step By Step:**

In this exercise you are supposed to focus on one part of your body at a time, and relax it. Then move on to the next part, and relax it, and so on.

You will start with your toes, and move up. When you come to the throat, it will be easy to relax it, because the other parts of your body are not tense.

Sit in your favorite chair (you can lay down, but sitting is better) in the most relaxed position you can find.

Close your eyes. Say hello to your toes: "Hello toes!" Tell your toes to relax, ask them to do it now. "Toes, you may relax, would you do it now?" Feel how the toes relax, and thank them. "Thank you toes." Do the same with your feet. "Hello feet!" "Feet, you may relax, would you do it now?" When they relax say, "Thank you feet." Then your ankles. "Hello ankles!" " Ankles, you may relax, would you do it now?" When they relax say, "Thank you ankle."

Now do this with all parts of your body. Make sure you include: shoulders, neck, throat, jaw, tongue, nose, and eyes.

After you relax your whole body, you can do another round, from toes to the top of your head, to make sure you are completely relaxed.

Sit still as long as you want, feeling how relaxed you are.

When it comes to your throat, you will probably feel how tense you are. Don't worry, the more you do this exercise the more relaxed you will become.

Doing the exercise right, it should only take ten to fifteen minutes. You can do it once a day, every other day, or as often as you want.
Happy Joyful Attitude Exercises:

Happy #21 The 1-2 Rule:

Implanting this rule all the time will totally change your life. Not only will it help you to cure your TMJ, every area in your life will get better, because you will push away the biggest obstacle in your life, your negative thinking.

We think a lot. It is just our human nature. But have you ever noticed that most of our thinking is negative thinking?

We doubt ourselves.

We let other people get on our nerves.

We think about everything that goes wrong, but don't notice what is right.

The 1-2 rule is meant to reverse this.

The rule goes like this:

"It is ok to think something negative, but I always have to match it with two positive things".

For example, you might think about somebody: "Man, he is boring."

It is okay to think that, but you have to be able to match it with two positive things about that person. You might add:

"But, he is a hard worker, and he is loving to his kids".

The hardest part for most people is to use this rule about them selves. You might doubt yourself, thinking:

"I am not good enough; I will never get this promotion".

And it is ok to think this. You are allowed to have this opinion about yourself. But you have to match with two positive things about your self. You might, for example, add:

"But, I am popular as a friend in my workplace, and I know I give my work
You will notice two things, if you apply this rule to your daily life.

1. You will feel lighter and happier. 2. You positively will grow.

It will be so much work to always have to stop to look for positive things to think every time you think something negative, but little by little you will train yourself to diminish the negative thinking, and increase the positive.

Note that everybody has something positive, everybody. If you can't find anything positive about some person, you really don't want to.

In the process of implanting this rule into your life, you will slip, you can be sure of that. There will be days where you simply can't think positively. Your negative thinking will take over. Don't worry about this. Just start the next day with a clean slate.

**Happy #22 Positive Talking**

Use the 1-2 rule also talking to people around you. Everywhere you go try to match any negative thing you say with two positive ones.

If you are complaining to somebody, you might say: "I love your products, and your sales team is great, but every time I need assistance, I can't reach customer support." People are way more open to assist and make amends if you say something positive to them.
Happy #23 Realize Your Joy:
This exercise is meant to get you thinking about what you really like in your life, and what you would like to do.

Simply rewrite this list and fill in the blanks with your personal choices. Make the answers as short or long as you want. Take time to think about your answers. Allow yourself to dream!

1. My favorite way to spend the day is ________
2. I often dream of traveling to ________
3. Choosing between a mystery, novel, or biography, I pick ________
4. The music I enjoy listening to is ________
5. If given the choice, I'd build my house in ________
6. I often dream of having ________
7. I wish I could feel good about ________
8. I cry when I feel ________
9. I laugh when I feel ________
10. I need to communicate because ________

When you are done with this list, make your own list. Write down, in a simple manner, what you like and what you like to do. What is your reality?

If you don't like writing, just make those lists in your own mind.

It can be fun to do a similar exercise with your partner. But now you each make up a question, and then the other answers. You might ask your partner: "If you could choose any place in the world, where would you want to live?" Or, "What in life gives you the biggest joy?"

Remember you are never too old to play a game like this one. Do this exercise once a week, or as often as you want.

Note: it can be fun to do this with someone you love.
**Communication Exercises:**

**Communication #24 Talking Things Out:**

You have to practice this exercise with someone you love and trust, a partner for example. If you don't have a partner at the moment, try to get somebody else to do this exercise with you. A good friend can sometimes even be better than a partner.

With all couples there is something unspoken floating in the air. There is something both of you are worried about, angry about, or you haven't expressed all the love towards each other, from your heart.

At the moment, your TMJ is probably the biggest tension factor in your life. And just talking about it may very well give you a pretty quick relief. If you don't believe me, try it out.

Unspoken emotions can make cause TMJ in two ways:

1. Your body will tense up when you have the emotions. For example, if you are angry you may often make a fist without even noticing. When you are scared your shoulders may tense up. When there is lot you are not expressing, anger, fear, love, your throat and jaw will tense up. In some time they will get very stiff, and out of shape.

2. When you are around somebody who is holding on to unspoken emotions, you will feel it in the same way as if you had it yourself, making you tense up as explained before. You may not feel it as strongly as if you had the emotions yourself, but you will still feel it, causing your jaw to tense up.

So if your partner is not expressing emotions, especially some emotions projected at you, you will feel tense.

**The cure in both of those cases is simply: Talk together!**

Most couples spend more time in front of the television than talking together. Especially talking about something important like your condition.

The description of the exercise is short: "Within two or three hours before going
to bed, talk together for a half an hour”.

To make the task a little bit easier, I am going to give you a few rules to follow in the conversation.

1. Talk together for a least half hour, but split it up in few sections. For the first five minutes you get as many things off your chest as you can, and your partner listens. Then your partner get as many things of her/his chest as possible, and you listen. For twenty minutes you take turns to talk, and listen. The last ten minutes are free for you two to talk together, without anyone controlling the time.

2. When talking try to use the 1-2 rule explained before. Try to find two positive things for each negative thing you say.

3. When listening be as non-judgmental, and non-emotional as you can. Your partner is only expressing his or her reality, and maybe the only thing needed is to get it out of one's system.

4. When talking, try to take a grown up stand of responsibility for your feelings and reactions. Although hard to believe, your feelings have nothing to do with your partner's behavior. You are not a victim of your feelings, you can always choose from which point of view you see things.

5. Talk together like you knew your partner would not be alive tomorrow. Like it was the last time you saw each other. This could be true. Especially use the last ten minutes to say everything you wanted to say if you would never see your partner again. Never go to bed with something unspoken.

If you do this exercise right, you might even cure your TMJ right away tonight.

Most couples though, need quite a few times to get the right flow going. It is okay, just do this exercise constantly 3-4 times a week, hopefully for the rest of your life. And you will not only cure your TMJ, but also have a way better atmosphere in your home.

If the atmosphere is already great, it will only get better!
**Final Words**

TMJ is a painful condition. I hope you’ll find here the cure you hoped for. Please keep in touch and tell me about your recovery. Or if you have any questions, don’t hesitate to send me an email.