

## [The relationship Between Anxiety, Wrong Body Position, and TMJ](#)

TMJ (short for Temporomandibular Joint Disorder) is a disorder concerning the joint that connects the jaw to the skull. This disorder often results in dysfunction in the movements and position of the jaw, which aggravates over time if left untreated. It is estimated that over 11 million Americans may suffer from TMJ at any given time.

TMJ sufferers experience a good deal of discomfort and pain in the neck and jaw area. They may also be susceptible to migraines and may even develop Fibromyalgia eventually.

Some "experts" claim TMJ is caused by continued movement of the jaw beyond its normal limits, such as forward or sideways, which may in turn be caused by excessive gum chewing, nail biting, dental neglect, or trauma (accident).

Still many individuals, despite staying away from all its known causes, suffer from it. Is there a new, exciting, previously-unknown cause, one that would symbolize a colossal new way of looking at TMJ?

Well, yes and no. Yes because only a few people know about these new causes, and no, because in the first place, these are what really causes TMJ, so they shouldn't surprise you.

The first cause is anxiety.

You're probably familiar with this. Your muscles tighten, you tremble, and your jaw stiffens when you feel scared, apprehensive, or anxious. When you deal with anxiety on a regular basis, what do you think happens to you?

When you experience aches and pains that seem to appear out of nowhere, are you puzzled that these pains seem to have no physical cause at all?

Well, the reason is clear now. When you automatically set your jaw everytime you have stress, it may ultimately add up to a TMJ problem.

Wrong body position is the other cause.

Our parents have often told us to sit up and walk straight when we were kids. You probably did not listen if you are suffering from back problems now.

The same goes for TMJ. Many of us have incorrect jaw positions - it may be too far out or in. And surprisingly, sitting the wrong way (or too much) can do this.

When you see women in developing countries carry heavy loads directly on top of their heads in one of the Discovery Channel programs, aren't you amazed that they can carry these loads and not suffer from any shoulder, neck, and jaw problems?

The simple reason is because they carry the loads directly over their heads. This makes the muscles in their neck and shoulders sustain the weight the way they are naturally designed to do.

But when the women happened to tip their heads forward, the weight would immediately cause them to tip forward and lose their balance.

See the connection?

Your head is not heavy at all when it is aligned with the body. But when it is not, as when you tip forward, it feels a bit heavier. Your neck and shoulder muscles often cannot support the extra load, so your jaw exerts effort to keep the head level.

Over time, the extra strain manifests in a TMJ disorder.

Most of the time, doctors give painkillers to reduce the pain of TMJ, but these do not work in the long term. These medication only give temporary relief, but do not solve the root causes of TMJ.

My TMJ No More Program gives a long term solution. The simple exercises which relaxes the muscles around the TMJ and restore the jaw's natural position addresses TMJ at its source, successfully ending the distress caused by this disorder.

Does it work? Apparently, hundreds of my customers who have tried it themselves definitely think so. Check out my TMJ No More program and see what brought the smiles back on their faces.

Warm Regards,

Christian Goodman

### About the Author

Christian Goodman is a well known natural health researcher and author of health guides. He has written successful programs on weight loss, hypertension, and [alternative Health](#). See his latest findings about [Natural TMJ Treatment](#)

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