

Chronic head, facial or neck pain that won't go away... Could it be TMJ?

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**By Naweko San-Joyz**

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**San-Joyz**

I stumbled across TMJ when I needed treat a literal pain in the neck that would not go away. It seem that pain in my neck came from my jaws. "TMJ" refers to disorders of the jaw muscles and of the temporomandibular joint, the hinge at the side of the head that joins the lower jaw, mandible, to the temporal bone of the skull. TMJ expert John Taddey, D.D.S. states that one the most common symptoms of TMJ is a dull, aching pain around the ears which can radiate to the neck, shoulders, and back of the head. These symptoms by be coupled with tenderness of the jaw muscles and a headache.

While the causes of TMJ are many, the condition is usually the result of a collective malfunctioning of the chewing muscles, the teeth, and the temporomandibular joint. The face and jaw muscles may go into spasm or cramp and lead to tissue damage, pain and tenderness. The level of damage and pain varies.

Diaganosing TMJ can be elusive. Recognizing TMJ requires a thorough understanding of the two-inch area just in front of the ears that houses the temporomandibular joint, sinuses, glands, the middle and inner ears, throat tissues, brain tissue, muscles, ligaments, nerves blood vessels, lymphatic tissues, bones and teeth. TMJ can mask itself with a "referred pain". This occurs when pain felt in one area of the body originated from another source. For example, you may visit your doctor with an earache and find your ear is healthy, while a decay teeth or TMJ are the root cause of the earache.

TMJ can arise form trauma, whiplash, stress, teeth-grinding and clenching, misaligned teeth, missing or sore teeth, muscle abuse, infection, diseases of the joints such as arthritis, and cancer.

Your family dentist should be able to recognize TMJ. Depending on your condition, she may treat the TMJ herself or refer you to a physician, orthodontist, chiropractor, a psychologist or oral surgeon for more specialized treatment.

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For more information on identifying and treating TMJ yourself, read *TMJ Self-Help Program: How to recognize a TMJ problem: What to do to relieve pain and restore health: When to seek professional help* by John Taddely, D.D.S. with Constance Schrader and James Dillon.

Naweko San-Joyz writes health and beauty articles from her home in San Diego. She recently published "Acne Messages: Crack the code of your zits and say goodbye to acne" (ISBN: 0974912204). Naweko is presently working on title called "Skinny Fat Girls, Why we're still not getting this diet thing" (ISBN: 0974912212) for release in May of 2005. To challenge and verify her research, San-Joyz trains for figure competitions.

## **The Causes of Chronic Pelvic Pain**

**By D. Herren**

### **The Causes of Chronic Pelvic Pain by D. Herren**

There can be many different causes of chronic pelvic pain in men and women. Most causes of pelvic pain varies greatly from each individual. The symptoms that are typical with pain in the pelvis (pelvic floor myalgia), are pain in the lower back, groin pain, muscle tightness in the rectum (including rectal spasms), etc. Sometimes referred to as "pelvic floor tension myalgia", causes of chronic pelvic pain can be hard to pinpoint. Each person is different. In most cases, pelvic pain symptoms occur after surgery or inflammation/infection near the pelvic floor muscles.

The root cause of most types of chronic pelvic pain is tension in the pelvic floor muscles. This tension can cause a variety of different types of pelvic pain: levator ani syndrome, interstitial cystitis, chronic prostatitis, vulvar vestibulitis, and dyspareunia. There is new evidence showing that in order to reduce the causes of chronic pelvic pain, chronic tension in the pelvic floor muscles must be reduced to stop painful symptoms. Incorporating daily relaxation and having physical therapy on the internal muscles (such as the levator ani) can have a huge impact on pain levels.

D. Herren, Author *Beat Chronic Pelvic Pain in it's Tracks!* Try

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