

Healing TMJ Naturally

Sometimes we need to think outside of the box, such as to give ourselves permission to change a belief or paradigm that we have developed. One such disabling belief is that doctors, dentists and other health professionals can heal you. These health professionals can sometimes guide you in the direction you need to go, but they **cannot** provide healing.

Healing comes naturally; it is innate, it's part of our wondrous design.

It may be a stretch for you to believe that you know more about healing than your doctor or dentist, but it *is* something I suggest that you start thinking about (meditating on). Of the many talents given to those practitioners, healing is not amongst them. They have learned the knowledge that allows them to diagnose (which is an educated guess) and then prescribe a protocol that may help your situation.

However, all healing is internal. A doctor may dress a wound, clean it, add some stitches, but when it's all said and done, all they have done is enhance the conditions so that healing can take place. A dentist may grind away the decayed portion of a tooth and then add a filling to cover the hole so more decay won't happen, but have *they* really accomplished any healing? A psychotherapist can keep asking questions until you reach a disabling belief that is creating a problem for you, but are they the one's that

actually change the belief that is in your mind? Never. Only **you** can relearn a new belief and it only happens when **you** become willing to make the change.

The thing that *we* can do ourselves is set the stage so that the healing can take place. You wouldn't start building a house on bare dirt. It would be best to provide the house with a firm foundation. The same is true for our bodies. We need to supply the body with all of its needs so it can repair itself.

Our daily existence requires thought and energy. To rejuvenate, we require rest. Our bodies are 70% fluid. We sweat, we urinate, we may spit, or blow our noses, depleting our fluid levels. This means we need to re-hydrate consistently.

We also deal with toxins daily. We absorb chlorine when we shower, we breathe in all sorts of toxins from the glue in our rugs, breathing in exhaust fumes as we drive to work. This list could go on and on. But, the point is that all of the toxins taken into the body create Free Radicals, and to counteract these Free Radicals, we need to consume Anti-Oxidants.

Our bodies are one of the most complex and complicated chemical manufacturing plants in the world. In order for all of the processes to take place we must have all of the micro and macro minerals that the body requires. Without a constant supply of **quality** nutrients, our body has to rob Peter to pay Paul. This is what happens in the case of

osteoporosis. The body needs some calcium, which it is not getting from our nutrition, or the body is lacking in other nutrients that won't allow the calcium you are getting to be assimilated.

It is not the stress in our lives that causes us to grind our teeth at night or clench them during the day – it's how we *deal* with that stress. A phenomenal stress buster is simply **breathing** efficiently and effectively!

Emotional issues can be dealt with by learning skills that allows you to process your feelings appropriately while you are feeling them. Having a Higher Power in your life can provide that shoulder to lean on when life seems to be overwhelming.

Our “TMJ Relief” DVD gives you the information you need so that you can ask the right questions, make better decisions, and start the healing process, no matter how far your TMJ has progressed. Please go to www.tmjrelief.us for more information.

Michael McCright is a Holistic Health Practitioner, educator, coach, and motivational speaker. His website: www.bodymindconnection.com covers a variety of health concerns. Michael is co-producer of an informative and educational DVD: “TMJ Relief”. For information, and holistic solutions regarding TMJ disorder, go to: www.holisticspecifics.com

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