

Tips for helping relieve TMJ disorder pain.

TMJ symptoms include headache occurring around the head/ears. This may increase whenever someone speaks or grinds their teeth. It can be worsened by depression and anxiety.

How To Stop TMJ Naturally At Home – The Best Tips To Apply:

Some common causes and trigger factors of the TMJ condition:

- External trauma caused of accidents or otherwise
- Mental trauma, anxiety or stress
- Internal trauma caused by excessive chewing, teeth grinding or clenching
- Rheumatoid arthritis
- Osteoarthritis: no formation of new bone and depletion of cartilage due to aging
- Birth defect- Muscular alignment problems
- Nutritional deficiencies
- Spinal alignment problems

Although your discomfort along with TMJ disorder can disappear on its own, a large number of people have found that some home remedies for TMJ can help you ease the irritation. They are useful in easing TMJ symptoms like headache, muscular pain, anxiety and other diseases.

In the article today, I would like to reveal some of the best tips on how to stop TMJ naturally in details, so you should keep your head on the following interesting How To fact and the effective ways to relieve the pain caused by TMJ disorders.

1. Nutritional Supplements For Tmj

This is the first out of the best tips on how to stop TMJ naturally that I would like to reveal in this entire article and want you and my other readers to learn and know how to stop symptoms of TMJ disorders by taking nutritional supplements.

Nutrition plays an important role in easing TMJ pain. According to a study, people who had a nutritional deficiency of magnesium and calcium were more likely to suffer from TMJ pain. Another study on 50 TMJ sufferers indicates that adding magnesium and calcium supplements provided TMJ pain relief to 70% of the sufferers.

- **Magnesium:** Magnesium can ease muscular tension and help in calcium metabolism. An average adult needs a daily magnesium consumption of 310mg. A deficiency in magnesium can result in muscle spasms. Some magnesium-rich foods are avocados, almonds, Brazil nuts, cocoa powder, rice, sesame seeds, spinach, wheat, walnuts, etc.
- **Calcium:** Calcium may provide strength to our bones. An average adult requires a daily consumption of 10g of calcium. Some calcium-rich foods for TMJ are banana, unboiled milk, coconut, oranges, sesame, almond, green peas, spinach, and cabbage. You should remove junk foods from your diet and replace them with grains, fresh fruit, vegetables, and nuts, and you will notice easing in TMJ pain as well as other symptoms.
- **Vitamin-B complex:** A deficiency of vitamin-B complex is known to cause stress which can lead to TMJ pain. Take capsules of vitamin B-complex for 15 days to deal with any vitamin B deficiency.

- Glucosamine sulfate: It is another essential mineral that may build and repair the body cartilage and ease pain, swelling, and stiffness in joint disorders like TMJ. It can be effective if TMJ is caused by cartilage deterioration. Nonetheless, glucosamine sulfate may cause some unwanted side effects and it is better to use it under your doctor's guidance. Ginko biloba is one of the best sources of this mineral in natural form. Besides, raw spinach and parsley are other sources of glucosamine.

2. Some Foods For TMJ Diet

This is also one of the most important tips and techniques that people suffering from TMJ and who want to learn how to stop TMJ naturally at home should not skip at all costs as it would be a very useful assistant after all! Try it, and you will see!

If you want to stop TMJ, you should follow a rich-anti-inflammatory diet for good. Some foods that you should add to your diet as soon as possible:

- Foods easy to chew: While you are suffering jaw pain, you should add easy-to-chew foods to your diet. They include stews, soups, smoothies and cooked vegetables.
- Wild-caught fish: As omega 3 fatty acids can help you reduce inflammation and pain, wild-caught fish are a good food source for you.
- Small meals: Eating small meals can help you stabilize your blood sugar. This is essential as fluctuations in blood sugar may increase the risk of grinding of teeth.
- Steamed vegetables: These foods are very easy to chew, so they are good for your jaw. Besides, these foods provide essential nutrients for healing.
- Magnesium- rich foods: As you know that magnesium is known as a relaxation mineral, so it can help you release tension occurring in tight muscles.
- Calcium- rich foods: These foods work with magnesium to help in muscle relaxation.
- Protein shakes: In case you have trouble in chewing protein, consider consuming a protein shake while your TMJ disorder is flared.

3. Some Foods To Avoid

When it comes to learning how to stop TMJ at home, there are some foods people should avoid as they can trigger many severe signs, symptoms and related problems, and you may need to spend even more time and effort dealing with those issues:

- Caffeine: It may increase muscle tension due to its hydrating effect on your muscles.
- Sugar: It may increase inflammation and then lower the immune system.
- Gum or caramels: Any candies that are hard to chew can make your TMJ disorder worse.
- Tough foods: You should be careful when eating hard-to-chew foods such as dry cuts of meat.
- Alcohol: This drink may increase grinding of teeth at night.

4. Essential Oils For Tmj

The essential oils that can help you relieve TMJ are frankincense oil, peppermint oil, and lavender oil. Frankincense can reduce inflammation, peppermint can ease pain and lavender can relax the tense muscles. Simply, you just need to have a mixture of 1 drop of each of the oils with ¼ tsp. of coconut oil. Then, you rub this mixture onto your pain area.

Massage your body with juniper, sandalwood, tea tree, bergamot or other essential oils to help you improve your blood circulation and offer an instant relief from pain related with TMJ.

5. Put Your Protector Up

A lot of people grind their teeth while sleeping. This can result in severe TMJ pain. In order to prevent it, consider wearing a low-cost mouth protector that you can buy at a sports store. Then, follow the instructions to make sure that it works.

This is, in fact, one of the best tips on how to stop TMJ naturally that people should know and then follow to ease the pain when chewing, talking, and opening the mouth wide.

6. Keep The Body Hydrated

Dehydration can cause muscle cramps in shoulders, neck, and mandibular joints. Therefore, it is very important to keep the body hydrated. Drinking enough water is one of the main home remedies to stop TMJ-related cramps. You should increase your water consumption to a minimum of 8 cups of water daily or higher. Also, try to evenly distribute the water consumption over the whole day. Drinking water excessively in short period of time can result in hyper-hydration or water poisoning. A good rule for you is to drink 2 cups of water every 2 hours in the daytime.

7. How To Stop TMJ With Relaxation Exercises

These exercises that help your jaw feel relaxed can also help to ease TMJ pain, especially in case it is caused by stress. Experts recommended doing breathing exercises to relieve tension occurring in the jaw muscles. In case you are feeling tense, consider deeply inhaling for a count of 5-10, then exhaling in a slow way. Although it is not a form of exercise, finding how to reduce stress in your life can be effective in easing any TMJ-related pain and discomfort.

Besides, you can practice any of the relaxation exercises that you want. It could be simple like jogging, cycling, walking or playing tennis. Meditation exercises and yoga are also good to cause relaxation. Regular exercising is a good way to stop stress and reduce the symptoms of TMJ.

8. Strengthening Exercises

When you suffer from pain and discomfort caused by a TMJ problem, doing strengthening exercises may be helpful. According to a study, doing a number of strengthening exercises can prevent TMJ pain from returning. These TMJ exercises involve in opening & closing the mouth when putting some resistances of the chin.

How to do:

- In order to do a resisted opening exercise, you place one of the thumbs under the chin and then lightly push downward to it. When you push the thumb, you slowly open the mouth. Remember to keep it open for seconds before gradually closing it.
- In order to do resisted closing exercise, you place the thumb under the chin and keep the index finger on the ridge between the chin and lower lip. Remember to take the finger from the same hand. Then, gently push it when closing the mouth

9. How To Stop Tmj With Stretching Exercises

Lightly stretching the jaw as well as the joint area can help to keep pain caused by TMJ from returning. A method to stretch your jaw involves in pressing the tongue's tip to the mouth's roof. Then, you open the mouth slowly as much as possible without making it painful. If you feel painful, stop doing the exercise. You may need a little time before engaging it.

Some stretching exercises focus on moving the jaw as much as possible without leading any discomfort. To perform the exercises successfully, follow these steps:

- You start with your closed mouth and your relaxed jaw. With your teeth apart, you slowly open the mouth as wide as possible while you still look up with the eyes. Try to keep your mouth open for seconds, then gradually close it
- When your mouth is closed, you move the jaw to the left side whilst you still look to the right with the eyes. Do not forget not to turn the head or neck. Keep the position for seconds, moving back to the center. You repeat this exercise, moving your jaw to the right side while you still look to the left.

10. Cold And Warm Compress

Alternating cold and hot packs for about 20 minutes may help you ease the pain in your jaw. This home remedy for TMJ disorder has been used for years in order to treat a plenty of health problems as well as the pain that associates with them. This is because these compresses boost the blood circulation to all the areas and help relax the jaw muscles.

11. Care For Your Mouth

Along with exercises, the way you care for your mouth can affect your efforts of relieving TMJ-related pain. When you floss or brush, you should not open your mouth too wide, even when you reach the second and third molars. Besides, using a proper toothpaste can help you restore any enamel that has been weakened because of grinding and clenching from pain related to TMJ.

The most important thing you should keep in mind is that when doing any TMJ exercises, they should not cause pain. When you notice any pain when opening or stretching your mouth, speak with the doctor and dentist. They can examine your mouth and offer a proper treatment.