



Let it Heal

TMJ Instructions

Avoid extending your jaw fully over the next week. When you yawn, modify it slightly so it doesn't hit the farthest reach of your open range. Do not receive dental work requiring your mouth to be held wide open. Avoid large bites of food such as an apple; instead, cut it and eat it in slices. Avoid having large, chewy steaks, or hamburgers, or nuts, and avoid chewing gum. Let your jaw find its correct alignment by giving it time in its normal range.

Advanced Bowen Therapy



Detox Ion Spa Footbath



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1-888-653-6625