

# 21 home remedies exercises and natural cures for tmj treatment holistic home

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### 21 Home Remedies, Exercises, and Natural Cures for TMJ Treatment

Temporomandibular joint (TMJ) disorder affects the joint that connects the jawbone to the skull. It can cause pain, clicking, popping, and difficulty opening and closing the mouth. While there is no cure for TMJ, there are a number of home remedies, exercises, and natural cures that can help to relieve symptoms.

#### Home Remedies

- **Apply a cold compress.** This can help to reduce pain and inflammation.
- **Take over-the-counter pain relievers.** Acetaminophen or ibuprofen can help to relieve pain.
- **Eat soft foods.** Avoid chewing hard or chewy foods, which can put stress on the TMJ.
- **Get regular exercise.** Exercise can help to reduce stress and improve overall health, which can benefit TMJ symptoms.
- **Get enough sleep.** Sleep deprivation can worsen TMJ symptoms.
- **Practice relaxation techniques.** Stress can trigger TMJ pain, so it is important to find ways to relax.
- **See a dentist or other healthcare professional.** If home remedies do not relieve TMJ symptoms, it is important to see a dentist or other healthcare professional for evaluation and treatment.

#### Exercises

- **Chin tucks.** This exercise helps to strengthen the muscles that support the TMJ. To do a chin tuck, stand up straight with your shoulders back and your head held high. Slowly tuck your chin toward your chest. Hold for 5 seconds and then release. Repeat 10-15 times.
- **Jaw stretches.** These exercises help to stretch the muscles around the TMJ. To do a jaw stretch, open your mouth as wide as you can and hold for 5 seconds. Then, close your mouth and push your lower jaw forward as far as you can and hold for 5 seconds. Repeat 10-15 times.
- **Tongue exercises.** These exercises help to strengthen the muscles in the tongue, which can help to improve TMJ function. To do a tongue exercise, stick your tongue out and move it around in a circle. Repeat 10-15 times.

## Natural Cures

- **Magnesium.** Magnesium is a mineral that can help to relax muscles and reduce pain.
- **Curcumin.** Curcumin is a compound found in turmeric that has anti-inflammatory properties.
- **Boswellia.** Boswellia is an herb that has been shown to reduce pain and inflammation.
- **Glucosamine and chondroitin.** These supplements can help to support the cartilage in the TMJ.

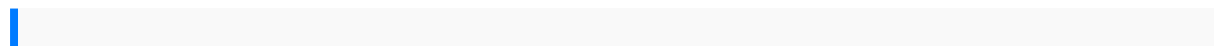
## Questions and Answers

- **What is the best way to treat TMJ pain?** There is no one-size-fits-all answer to this question. The best way to treat TMJ pain depends on the individual patient and the severity of their symptoms. Some people find relief from home remedies, while others may need to see a healthcare professional for treatment.
- **Can TMJ be cured?** There is no cure for TMJ, but symptoms can be managed. With proper treatment, most people can live a normal life with TMJ.

- **What are the long-term effects of TMJ?** If left untreated, TMJ can lead to a number of long-term problems, including:

- Jaw pain
- Difficulty opening and closing the mouth
- Headaches
- Earaches
- Dizziness
- Fatigue

If you have TMJ pain, it is important to see a healthcare professional for evaluation and treatment.



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