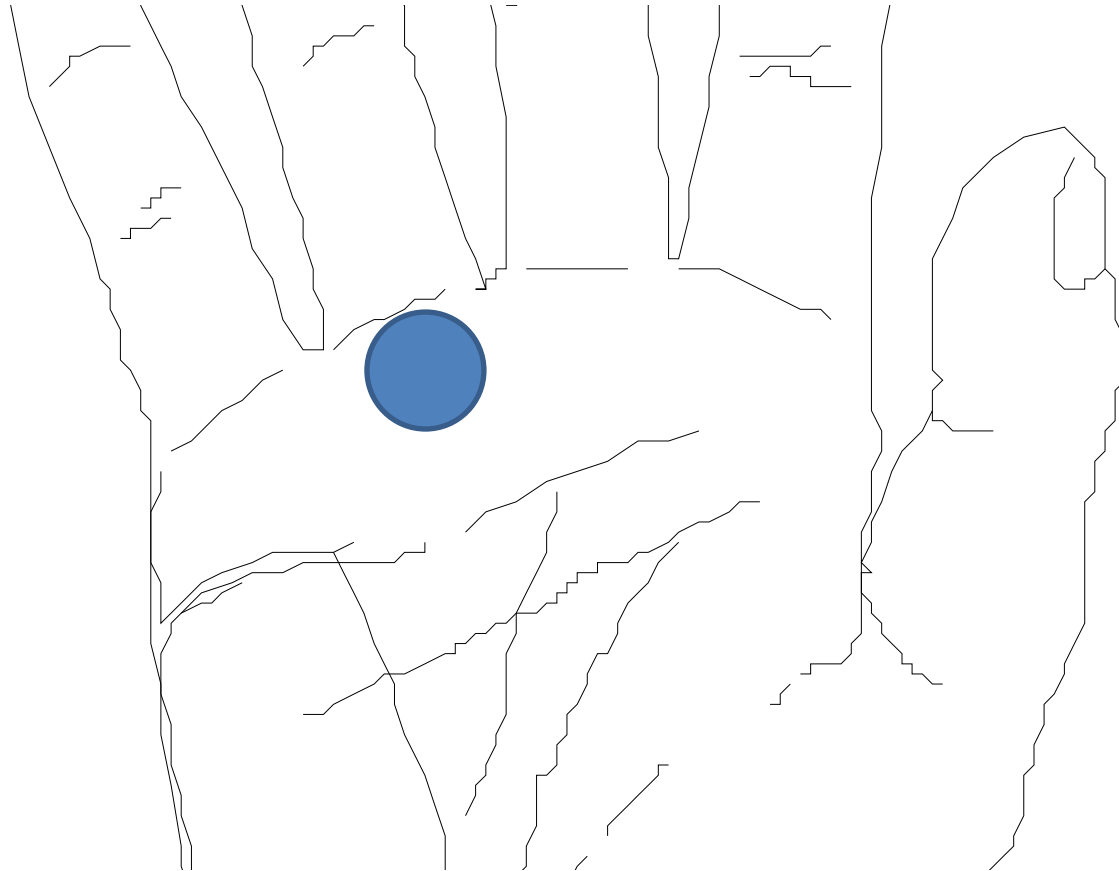




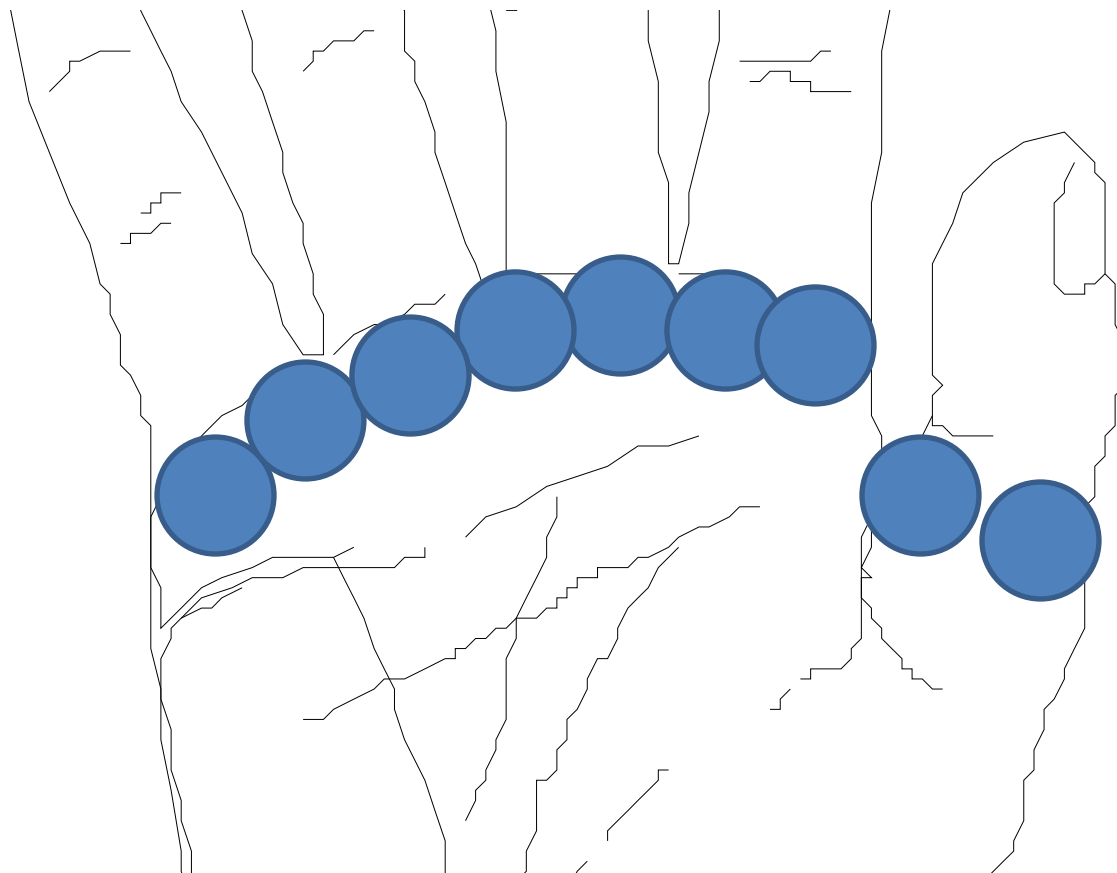
Hand Reflexology for Temporomandibular Joint Dysfunction (TMJ)

If you grind or clench this presentation can help.



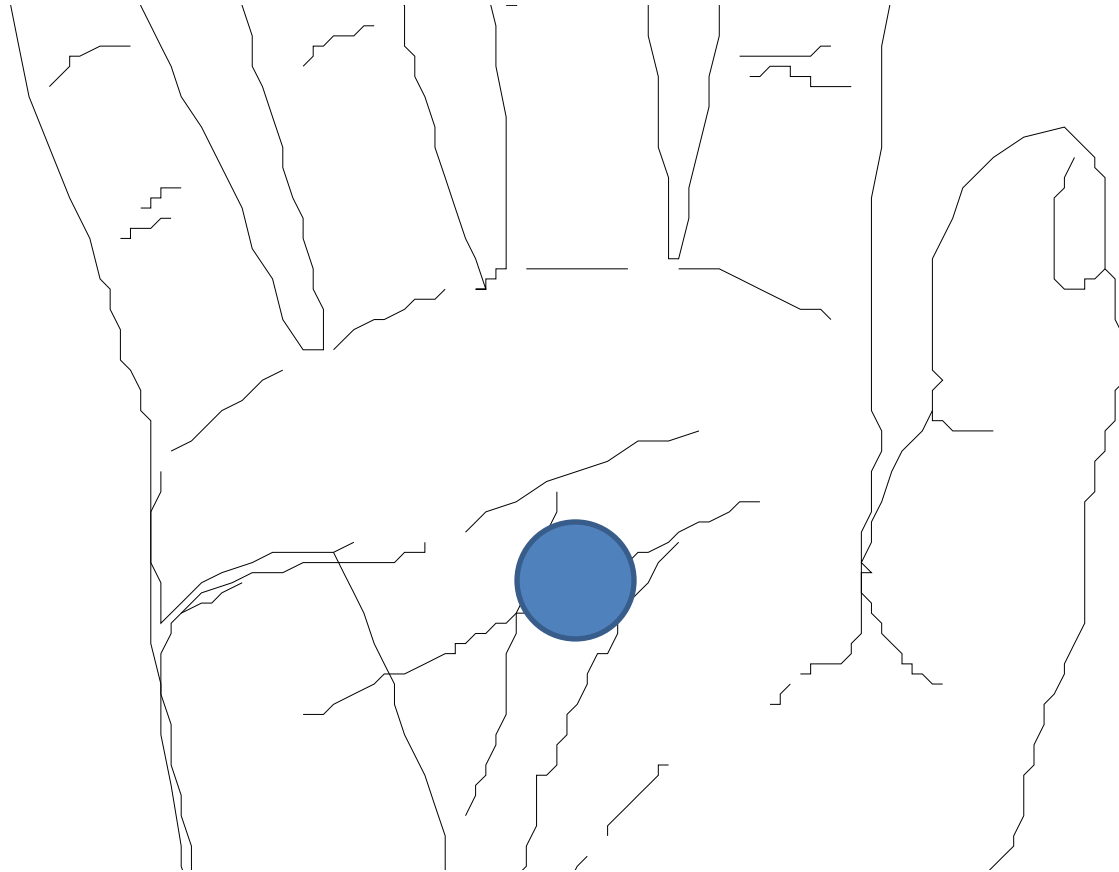
Palmar Jaw Reflex

Press hard on the ledge of bone. It will probably be uncomfortable. That is a sign that it is out of balance. Persevere.



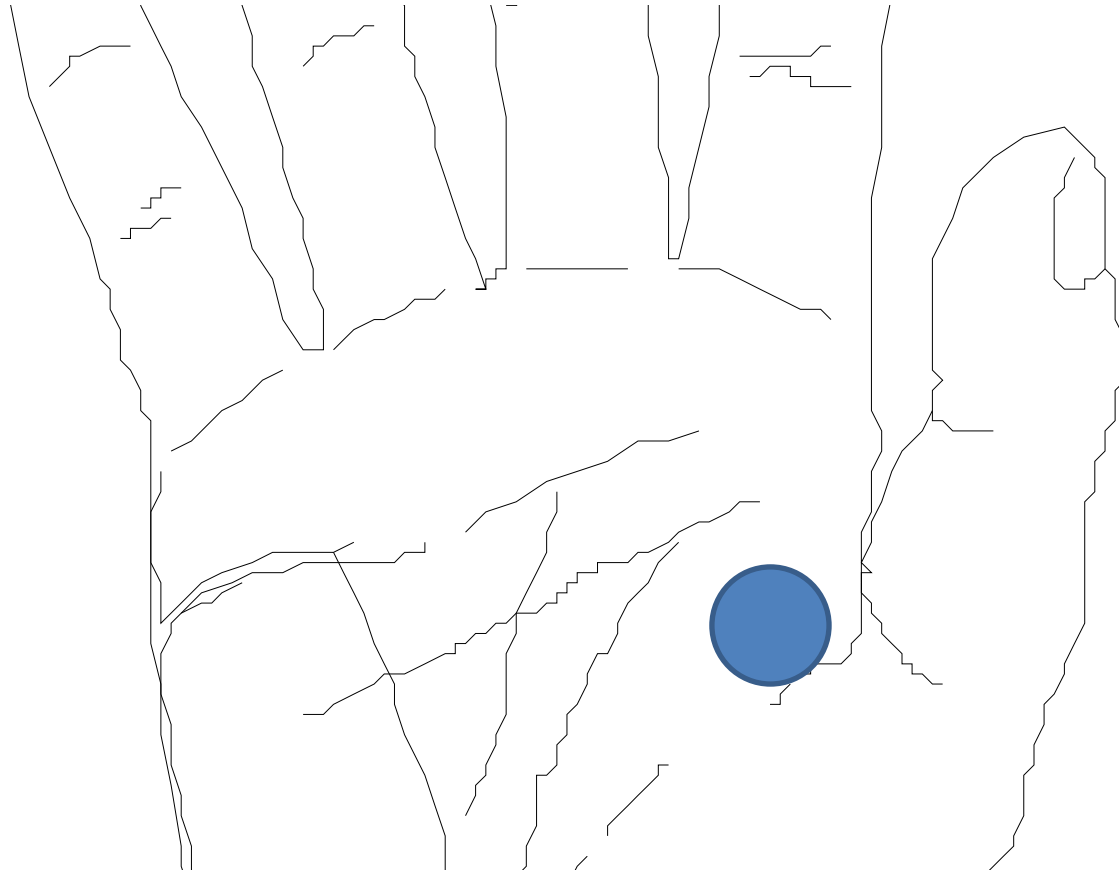
Palmar Neckline

These dots show the neckline reflex. Pressing deeply in this area may help to reduce your tension in the jaw and neck.



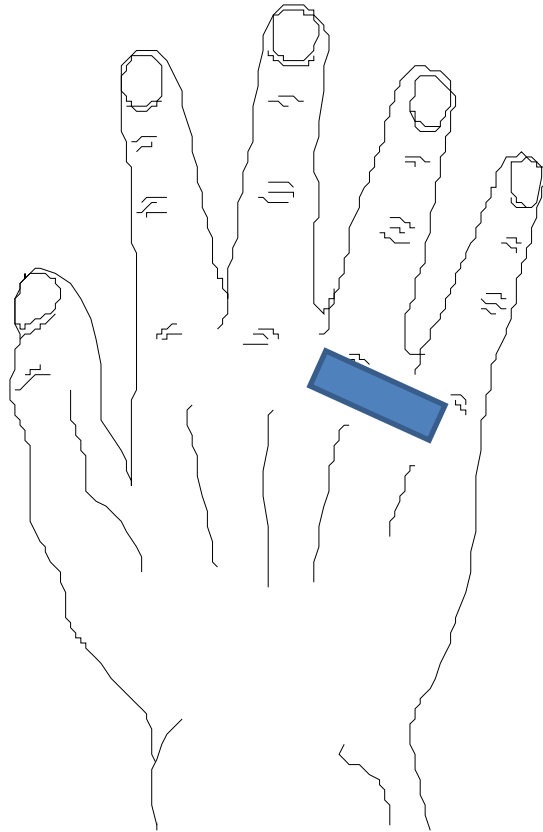
Relative to the Solar Plexus Relaxation Point

Press up firmly and deeply in this area. It is a stress reducer. It is often sensitive.



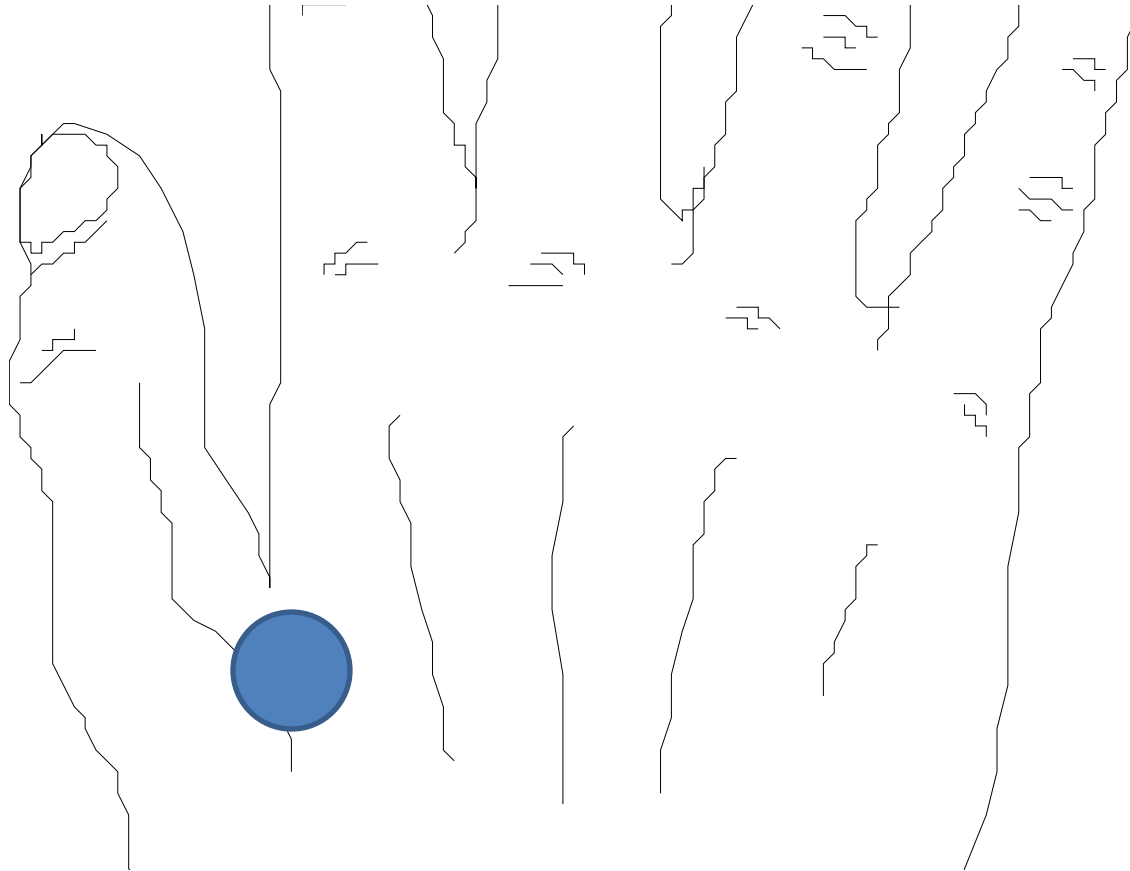
Adrenal Reflex

This reflex is your anti inflammatory reflex. Another sensitive one. You can use this for headaches or allergies as well.



Dorsal Relative to the jaw reflex

Rub along this area to help with the jaw.



Dorsal Lymphatic Drainage Point/Whiplash Point

This area may help to reduce neck tension as well. Press deeply.

This area should be avoided if you are pregnant.