

# TMJ DYSFUNCTION

Belinda Pyle

THE  
ACUPUNCTURE



AND  
HEALTH CENTRE

**Cancellation Policy:** A cancellation fee will be charged unless 24 hours notice has been given.

**Late Policy:** Every Patient has taken time from their busy schedule to assist their health. If you are late we reserve the right to charge and reschedule your appointment.

Do you have clicking or grinding when you chew or talk? Do you grind your teeth at night and clench during the day? Do you talk a lot at your job? Do you have headaches? Do you have teeth or bite alignment problems? Do you have difficulty keeping your mouth open for dental procedures? If you have answered “yes” to some of these questions, you may have a TMJ Dysfunction. The TMJ is the Temporo Mandibular Joint (temporo—temporal bone: the cranial bone on the side of your head with the ear attached to it; mandibular—connected to/including the mandible bone: the lower jaw bone; joint—where these two bones join together/form a union).

Massage therapy is very effective at relieving trigger points (super tight spots within the muscles) and reducing headaches by relaxing all of the muscles of the TMJ. There is a series of intra-oral techniques (massage with a medical glove on, inside the mouth) to release the affected muscles. A thorough massage of the muscles of the upper back, neck, scalp and inside the mouth takes 45 to 60 minutes. It takes a few sessions to reduce most of the tension and then follow-up sessions for maintenance will help keep your TMJ dysfunction to a minimum.

During my own personal search for TMJ dysfunction pain relief I came across the most effective treatment yet when I attended a CranioSacral Therapy Level 2 seminar. We (the practitioners) learned how to release restrictions in the hard palate (roof of mouth), cheekbones, maxilla (upper jaw), floor of the mouth (inside part of the hyoid muscles), teeth, gums, tongue and the hyoid muscles. Most of the techniques are done intra-orally, are very gentle and release the bony structures that pull on the muscles of the TMJ.

Patients with orthodontics have less pain with tightenings, fewer headaches and sleep better after a CranioSacral Therapy

session. Patients with dentures and poorly aligned teeth have a better bite and less discomfort with their teeth. I recommend at least three CranioSacral Therapy sessions to see if it will help with your TMJ dysfunction. Before the cranial bones can be released, the rest of the body must be relaxed and functioning well from a CranioSacral perspective before the mouth techniques can be done effectively. Any physical, emotional or chemical trauma in those areas—like a hit in the cheekbone from a ball, dental surgery/work, problems speaking etc.—can cause restrictions in the craniosacral system.

What can you do today? Take a look at your daytime posture, sleep posture, bruxism (grinding and clenching during sleep) and diet.

## DAYTIME POSTURE

Holding your neck too far forward increases the strain on the jaw. Your tongue is supposed to be at the roof of your mouth when relaxed. The muscles of the tongue are connected directly to the anterior (front) neck muscles, when the tongue sits on the floor of the mouth, increased tension in the neck by pulling the jaw inferiorly

*cont'd*

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Massage  
appointments are  
available Saturdays

(down) leading to jaw and neck soreness, headaches, and even lock jaw! Tension is held in your jaw by clenching your teeth together. Relax your jaw by taking a deep breath and gently traction your jaw down softly, let it loosen and then remind yourself to check on it later to see if it's still loose.

### SLEEP POSTURE

Sleeping on your stomach increases the the lateral (side to side) strain on the jaw; it's also hard on your back and neck. Re-train yourself to sleep on your back with only one pillow above the shoulders just supporting the neck, not the entire upper back. If you are a side sleeper, the same rule applies for the neck pillow. Try to place a pillow in between your knees when you go to bed; even if doesn't stay it will help. A body pillow is great for times of high stress when your entire body seems to ache when you finally get to bed. It is super comfortable and will help you fall asleep, stay asleep, and as well, encourage better

alignment of your entire spine and body. Happy sleeping!

### BRUXISM

If you grind and clench when stressed or at night, this behaviour needs to be addressed by your dentist. A dental splint can make an incredible difference if worn properly and monitored. It releases tension from the muscles of the jaw and lessens wear and tear on the teeth.

### FOOD

Do you like crunchy foods? Do you chew gum? Chewing gum, popcorn, taffy, toffee, tortilla chips or vegetables in large, uncooked pieces, is hard on the TM Joint and increases the tension on the muscles of the jaw.

I will be happy to use massage and CranioSacral therapy techniques to help you with your TMJ dysfunction just as soon as you're ready!

## DID YOU KNOW...

- Acupuncture is effective in the treatment of hot flushes associated with menopause (Stanford Medical School)
- A British Medical journal reported that people using acupuncture had fewer and less severe headaches, and they used less public-funded medical care over the course of a year.
- Several recent clinical trials showed that acupuncture on one point at the wrist was effective in reducing nausea and vomiting in patients following surgery. A Duke University study showed that acupuncture worked better than drugs in decreasing nausea after breast surgery.
- Acupuncture provides relief of pain and improvement in function in patients with symptomatic knee osteoarthritis when added to the usual treatments of anti-inflammatory drugs and analgesics (University of Maryland School of Medicine). Previous studies have shown that acupuncture alone also relieves pain and improves function.
- German investigators found that hay fever sufferers who receive weekly acupuncture treatments and take Chinese herbal medicine daily have fewer symptoms and are less likely to say their allergies infringe on their daily activities than people who received a placebo treatment.
- Chocolate in pregnancy keeps baby happy (Early Development Journal). Researchers asked over 300 women to rate their stress levels and chocolate consumption during pregnancy and found women who ate chocolate daily had babies that were more active and likely to exhibit positive traits like smiling and laughing.
- The technique "Still Point" from CranioSacral Therapy can re-induce labour if it has stalled or stopped. It can also bring a fever down by three or four degrees. The "Still Point" technique also reduces or completely relieves headaches and pain. A Still Point Inducer is easy to make and easy to use. Ask for a handout at the clinic's reception desk next time you're in!
- Gwyneth Paltrow, Madonna and Cher are reported to have turned to acupuncture in an effort to stop the aging process.

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# MINIMIZING STRESS

Pamela Kats

Stress is a natural part of life. Positive stress helps us to be more energized and productive, but negative stress can be harmful. The systems of our body function best in a balanced and calm state. Prolonged negative stress puts the body in a state of dis-ease.

Our body reacts to stress with an alarm reaction and is ready for “fight or flight”. The heart and respiratory rate go up, blood vessels dilate in our brain and muscles, adrenaline floods the blood stream and systems like digestion, immunity and reproduction slow down. This response is very helpful if tigers are attacking you but is a little extreme if the stress is your mother-in-law visiting.

People who experience daily stress have the alarm reaction happening in their bodies constantly. If the stress is not managed or removed the body will try to adapt: blood pressure remains elevated; superficial breathing is adopted; immune function and digestion slow; the muscular system remains tense and sleep is disrupted. Headaches, muscle pain, depression, anxiety, low energy and insomnia are signs your body is not coping with the effects of negative stress. Controlling negative stress ensures that the body functions optimally.

## MINIMIZING PHYSICAL STRESS

Get some exercise every day, do some stretching, practice deep breathing, learn and use correct posture and get enough sleep.

## MINIMIZING NUTRITIONAL STRESS

Cut back or eliminate caffeine, salt, refined sugar, nicotine and alcohol. Eat a balanced diet that emphasizes whole grains, lower fat protein and fresh fruit and vegetables. Eat locally grown food whenever possible. Drink water. Minimize processed foods and food additives and be aware of unnecessary pharmaceuticals.

## MINIMIZING EMOTIONAL STRESS

Make time for yourself. Try meditation or journaling. Get together with people you enjoy. Do work and leisure activities that please you.

Massage therapy is a great way to help your body relieve and cope with stress. Massage encourages relaxed, deep breathing, lowers blood pressure, addresses tender and tight muscles, improves immune system function and reduces the body's production of stress hormones.

Listen to you body. Get the message, get a massage!

## HEATHER LONGMORE

Heather is a caring and skilled therapist who is providing massage therapy while Pamela Kats is away from the clinic on maternity leave. A recent graduate from the Foothills College of Massage Therapy in Calgary, she is registered as a full member with the Association of Massage Therapists and Wholistic Practitioners.

Also an enthusiastic soccer player, Heather is able to incorporate her athletic focus and knowledge into her practice of massage therapy. She is skilled in the benefits and application of Swedish Massage Techniques and believes that massage should be incorporated into everybody's regular wellness routine. Heather is eager to work with clients to create a treatment plan for their ultimate healthy body wellness program and is looking forward to meeting you!



# FACIAL REJUVENATION ACUPUNCTURE

Kim Bowie

## ADVICE FROM JAPANESE GRANDMOTHERS ON HOW TO BE BEAUTIFUL

*From: Inner Peace, Outer Beauty: Natural  
Japanese Health and Beauty Secrets  
Revealed*

*By Michelle Dominique Leigh*

- Drink pure water, breathe good air, eat foods that purify the body, live in a clean house.
- Sleep at least eight hours a night, and go to bed before eleven.
- Be in love. Enjoy lovemaking. You will have glowing, shiny skin and a relaxed face.
- Control your desires. Don't always want what you can't have. This unsatisfied yearning habit makes a woman ugly.
- If your shoulders are tense or stiff, you will have lines on your face. Practice massage.
- Everyone gets wrinkles, but try to prevent ugly wrinkles by controlling your mind and emotion. Wrinkles are a reflection of your thoughts and feelings.
- Accept your age and the changes in your beauty. A beautiful old woman is beautiful because her mind and spirit are wise and graceful. Don't envy the fresh blossoms of spring.

It's Hollywood's hottest new anti-aging regime. Used by men and women, Facial Rejuvenation Acupuncture is a painless, non-surgical method reducing signs of the aging process and improving our skin's condition. We live in a stressful and fast-paced society and our faces are mirrors of our physical/emotional/spiritual health. The history of our difficulties and joys is on our faces. The process of Facial Rejuvenation encompasses balancing ourselves from within, to allow and enhance our natural, healthy beauty. Facial rejuvenation will not permanently eliminate all facial wrinkles or produce a tight, immobile mask-like effect. Instead, it enhances a person's features to reflect the dignity of their age and accumulated wisdom, while shedding a few years physically.

Facial Rejuvenation Acupuncture is an effective response against the effects of time and our body's imbalances on our skin. The results of treatment include the improvement of the elasticity of facial muscles and levelling of wrinkles, a rosier complexion, and overall rejuvenation.

Special hair-thin needles are used at a variety of points on the ears, face and body following the meridians of energy or chi. Specific points are chosen depending upon the person's needs so each treatment is individualized to address not only the signs of aging or other skin problems such as acne, but also other factors that may contribute to the skin's appearance. The entire body is treated; the face is not a separate entity. Lifestyle counselling regarding diet and exercise is also recommended to maximize the benefits.

Most patients will have a course of 10 to 12 treatments, one to two times per week. Since every person responds differently, patients may notice changes after the first few sessions or not until the 6th or 7th treatments. Factors such as lifestyle and condition prior to treatment will have an impact on how soon patients see results. Occasional maintenance treatments are needed, like with any other modality.

When compared to visits to a dermatologist or plastic surgeon for a face-lift, Facial Rejuvenation Acupuncture is a cost effective, non-invasive method for achieving a healthy, more youthful appearance. Patients can have a treatment and return to work immediately with none of the bleeding, bruising, swelling, redness or peeling asso-

ciated with surgery or chemical peels. Call us to book your consultation today and enjoy a more youthful and rejuvenated appearance.

## BENEFITS OF FACIAL REJUVENATION

- Improves muscle tone and collagen production
- Helps to eliminate and reduce bags under the eyes, and decreases the tendency toward sagging and jowls.
- Assists eliminating puffiness by improving metabolism, and thus eliminating excess fluids
- Fine lines are smoothed, and deeper wrinkles become less noticeable
- Improves hormonal balance so even those with hormonal acne can benefit
- Moisturizes the skin by the increasing circulation of blood and lymph to the face
- Reduces or eliminates double chins
- Tightens the pores
- Brightens the eyes
- Helps to lift drooping eyelids
- Reduces stress evident in the face
- Promotes overall health and well being
- Brings out a person's innate beauty and radiance
- Slows the aging process from within
- Delays the hair turning grey and the loss of hair associated with aging
- Increased peripheral circulation improves facial colour to give a youthful glow.

*Initial consultation and treatment \$155. Subsequent visits \$125 per session.*

# CHARTING YOUR MENSTRUAL CYCLE

Leslie Ring-Adams

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HEALTH CENTRE

Whether you are trying to get pregnant, avoiding getting pregnant, just starting your period, or perimenopausal, tracking your menstrual cycle can provide essential clues to your entire body's health. While providing information about your fertility, your cycle may also be useful in identifying many gynecological conditions.

Chinese Medicine has been studying women's cycles since 1500BC as an essential aspect of diagnosis. Traditional belief is that a woman should feel no discomfort with her period and it should just come and go with barely any notice. Should there be any symptoms with her period, different treatment plans can be used to enhance blood flow, remove stagnation, or build blood. This can be done with herbs or acupuncture or a combination of both.

## TRACKING THE CYCLE

Count the first day of significant flow as Day 1. Pay attention to flow levels, blood quality (colour, consistency) and duration. Also note any symptoms such as discomfort, spotting or headaches. Record any premenstrual symptoms as well.

## BASAL BODY TEMPERATURE

Take your temperature at the same time each morning first thing upon waking, before any other activity, including using the bathroom. An oral digital thermometer works the best. A woman's preovulatory waking temperature typically ranges from 36.0 to 36.5 degrees Celsius. After ovulation, temperatures will increase to 36.7 to 37.9 degrees and stay elevated until she gets her period 10 to 16 days later. Temperatures will initially be lower in the

first part of the cycle because of estrogen's role, but if she is pregnant her temperature will remain elevated throughout her pregnancy. If no temperature shift occurs, she is undergoing an anovulatory cycle (most women have one or two of these each year).

One of the greatest advantages of charting your cycle is that you can often anticipate your period based on the temperature shift. Most women will typically get their period within 14 days of this shift.

## CERVICAL FLUID

Cervical fluid or mucous is comparable to seminal fluid in men. Men are theoretically always fertile because they produce seminal fluid continually. Women are only fertile around the time of ovulation. They produce the necessary alkaline fluid to protect sperm and allow for their movement towards the ovum at a critical point during the cycle. Cervical fluid will range from dry (before your period and after ovulation if not pregnant), to resembling egg white (the optimal consistency for conception).

For more information about your menstrual symptoms please talk to a practitioner at the clinic. For more information about tracking your cycle read "Taking Charge of Your Fertility" by Toni Weschler or visit [www.tcoyf.com](http://www.tcoyf.com).

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*Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways with chocolate in one hand and a martini in the other, body thoroughly used up, totally worn out and screaming "WOO HOO WHAT A RIDE"!  
Life is not measured by the number of breaths we take, but the moments that take our breath away.*



## FEE LIST

Initial Assessment including first acupuncture treatment	\$100.00
Acupuncture Treatment	\$60.00
Scenar Initial Assessment including first treatment	\$100.00
Scenar 15 minute treatment	\$60.00
Scenar 30 minute treatment	\$90.00
Scenar 45 minute treatment	\$120.00
Scenar 60 minute treatment	\$150.00
Acupuncture and Scenar	\$90.00
Ear Candling	\$60.00
Herbal Consultation	\$100.00
Home Treatment	\$120.00
IMS Treatment	\$30.00
Labour and Delivery Support including Pre & Post Natal Checkup	\$550.00
Labour Induction	\$100.00
Dental Analgesia First Hour	\$150.00
Each Subsequent Hour	\$100.00
Non-Surgical Face Lift Consultation	\$30.00
Non-Surgical Face Lift Treatment	\$125.00
Massage Therapy Half-Hour	\$40.00
One Hour	\$60.00
CranioSacral Therapy One Hour	\$60.00

*gst not included*

*prices subject to change*

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**Gift Certificates are available**

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