



TMJ and Chronic Pain, Plus Natural Pain Relief

By Bill Wolfe, DDS

SATURDAY APPOINTMENTS AVAILABLE IN ALBUQUERQUE!

Approximately 40 percent of all healthy individuals suffer from chronic headaches, and one out of eight people suffer from headaches so severe that they cannot function normally. Often, these problems are related to a common cause of chronic pain: TMJ syndrome.

TMJ stands for temporomandibular joint. This is the joint in the jaw that allows the jaw to open, close, move backward and forward, and from side to side. The term "TMJ Syndrome" refers to a malpositioning of the respective jaw structures and associated muscles. This condition results in muscle contractions, which are a factor in approximately 80 percent of all tension-related headaches. Some 75 million Americans are affected, but only about five percent are actually diagnosed correctly and treated.

If you have any combination of the following complaints, you may be suffering from TMJ syndrome and related headaches:

- Dizziness and/or lightheadedness
- Ringing, buzzing, or clogged ears

- Spasm and/or tightening in the back of the neck, shoulders, or face
- Clicking or popping noises' when opening or closing the jaw
- Inability to open the mouth fully
- Locking of the jaw joint
- Pain behind the eyes
- Earaches and sinus pain
- Loss of upper body strength with teeth closed.

While this patient did not specifically suffer from TMJ-related headaches, her TMJ journey is compelling and may be of assistance to you:

Dr. Wolfe:

Before I came to see you, I had suffered for 27 years. Various diagnoses (Meniere's syndrome, neurological problems, "something akin to a form of epilepsy", extreme vertigo and sleep apnea) were offered, but no help. I was unable to walk across open spaces; had problems with driving; extreme sensitivity to light; a nervous system in a constant state of high alert; difficulty with my neck; clenching and grinding of my teeth so that my back teeth ground down very badly. My social life was severely hampered.

*Although I saw numerous dentists over the years, and more than one of them mentioned that I may have a TMJ problem, no dentist addressed it. When I came to you, you knew quickly **that my problems were related to TMJ. Finally I had a correct diagnosis!** From the first day of treatment, I felt an easing in my jaw. Within a short time, I was walking unassisted and less reactive to light. Now I am enjoying an amazingly healthy life, without any of the prior restrictions or symptoms. I have been truly Resurrected! Thank you, thank you, thank you, Dr. Wolfe for giving me my life back!*

— Judy Barrett, Santa Fe

TMJ Syndrome, although not a threat to longevity, can cause a lifetime of suffering. With appropriate treatment of TMJ, the quality of life for people with this syndrome can be greatly enhanced. If you have a concern that your chronic pain might be linked to TMJ and want to know more about natural treatment, contact Dr. Wolfe today!

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For relief of minor headaches & jaw pain (TMJ)

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Dr. Wolfe graduated from the University of Texas at Austin in 1968 and received his dental degree from Baylor College of Dentistry in 1972. He practices in Albuquerque and Santa Fe, New Mexico, focusing on "Biological Dentistry", which includes the principles of electro-acupuncture, kinesiology, and homeopathy. Dr. Wolfe is also a board certified naturopathic physician and an international speaker. His speaking engagements include: The British Homeopathic Dental Association; The International College of Applied Kinesiology; and the International Association of Oral Medicine and Toxicology, Royal Society of Medicine and more.