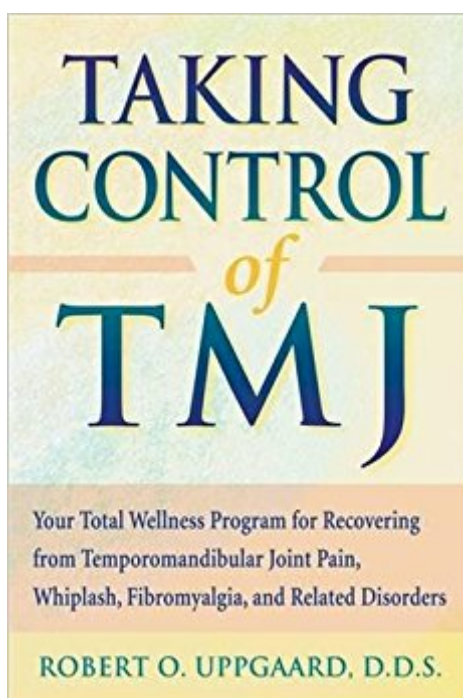


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# Taking Control Of TMJ: Your Total Wellness Program For Recovering From Temporomandibular Joint Pain, Whiplash, Fibromyalgia, And Related Disorders



## Synopsis

If you are among the 60 million people in the United States affected by TMJ disorder, then you may know what it's like to have your problem be misdiagnosed or go untreated. Perhaps you've undergone unnecessary and costly treatments to no avail. Dr. Uppgaard's Total Wellness Program will help you understand this painful condition, relieve its symptoms, prevent its recurrence, and avoid unnecessary surgery. This comprehensive guide also explores the connection TMJ disorder has to fibromyalgia and whiplash.

## Book Information

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## Customer Reviews

“Dr. Uppgaard's years of experience in treating patients with TMJ disorders has enabled him to write a book of hope for those suffering from these disease entities. His description of simple, conservative, cost-effective approaches to relieving pain, getting well, and staying well are to be admired. This book is a must read.” —Harold Gelb, D.M.D., P.C., Diplomat of the American Board of Orofacial Pain  
This powerful book is the first of its kind and will unravel the mysteries and answer your questions regarding TMJ disorder. It is a virtual gold mine of information about a previously misunderstood problem affecting millions of people.” —John W. Witzig, D.D.S., President of the TMJ Institute of America  
“How blessed we are to have the fruits of Dr. Uppgaard's forty-plus years of conservative treatment in easy-to-understand form. How special it is that he has written this book for doctor and patient alike.” —William E. Stein, D.D.S., Feature Editor, Northwest Dentistry Magazine.

Dr. Robert O. Uppgaard received his D.D.S. degree from the University of Minnesota. He spent the next six years as an apart-time instructor there and pursued two years of postgraduate study in oral pathology. Following twenty years of general dentistry practice in Minneapolis, he moved to a rural area in northern Minnesota, where he established a family practice with an emphasis on TMJ disorder. For two years he commuted to the University of Minnesota to serve as an assistant professor in a troubleshooting capacity, after which he began his ten-year outcome-based study of TMJ patients. Dr. Uppgaard's practice has been limited to TMJ disorder since 1990.

I was introduced to this book over ten years ago when first diagnosed with and being treated for TMJ. I eventually got control of my symptoms but the book has never been far from my bedside. I have been through small flare ups and others much worse in the time since, and this book has helped me through it every time. The diagrams and descriptions explain the pain when doctors and dentists cannot. Just when I am feeling like my pain makes no sense, this book is there to remind me that I am not crazy. I lean on this book so much that I recently lent it to a relative who had symptoms that doctors could not explain. They mirrored my own symptoms and perplexed doctors from years ago. Instead of insisting that they return my book, I have bought another. This book is well worth every penny.

Simple, straight-forward, full of valuable information. Easy to read in an appealing conversational tone. I have been dealing with TMJ for over 15 years and ordered this book after a recent flare-up. I learned more in this short book than I have in 15 years of seeking treatment and information on managing this condition. After one week of following the advice set out in the book I feel much improved. I am also confident that by following the strategy I can manage these symptoms well enough to avoid another flare-up, but if one occurs I will know exactly what to do about it, thanks to Dr. Uppgaard.

As a saxophone player AS WELL AS someone who has TMJ in the family, I have suffered for some years from TMJ jaw pain and neck and upper back pain as well as frequent headaches. I also was haunted by the prospect of surgery and the condition getting worse and keeping me from playing the horn. However after only a few weeks of the exercises and advice from this book I am SERIOUSLY feeling so much better. No more headaches, no more jaw popping, and no more jaw or head pain. Anyone who is suffering from TMJ can benefit immensely from the information in this

book. HIGHLY recommended for any woodwind players as well.

[...]The above link is from the author's website; if it helps you, it is only the beginning of the advise he offers in his book. TCOTMJ is well-written and offers inexpensive treatment for the pain caused by TMJ. If you think you might have TMJ just ask yourself this: does your face hurt? Your jaw? Your neck? If you said yes at least once, just assume you've got TMJ right now and buy this book. Really. It will help make you more aware of your own body, which really, really helps you avoid doing things that can cause pain (for example, I have just read that crossing my legs when I sit messes with my posture, my muscle alignment, and hence my jaw. I cross my legs all the time, and now I am learning to catch myself and stop it). The author of this book seems to have devoted himself to TMJ treatment, and appears to be under-selling his book on . I for one feel more than happy to part with my [...] to thank this man for the help he's given me with my own pain and that of my boyfriend, who has had TMJ for years, and hopefully neither of us will ever need surgery for it!! (since I started writing this I have un-crossed my legs 3 times! Thank goodness for this book!)

I have never written a review in my life, but I had to after reading this book. I have suffered from TMJ for over 10 years and have gone to 2 specialists, wore mouth guards, etc. These treatments were helpful during the time, but it required me going back regularly, wearing uncomfortable night guards, and of course medical expenses. Recently my TMJ relapsed after a health problem and I suffered jaw aches, molars were hurting, and throat was also hurting (in addition to painful cracking sounds and difficulty opening my mouth). As a last resort before going to see yet another specialist, I bought this book and it has been a great relief to my pains. Just after a few days of doing the exercises and following lifestyle tips, my pain was significantly reduced that I have not gone to a specialist yet. I highly recommend this book. It's amazing what a few changes and jaw exercises daily can do to reduce the pain. Thank you so much for this book!

This book was amazing and had great tips and exercise examples aside from positive words on how to control your TMJ. It worked, I do not clench any longer. Even my dentist was impressed when I told him about the book.

I bought this book several years ago while I was in the midst of a terrible bout with jaw pain. During this time, I searched the Internet for help and stumbled across the story of a woman who claimed that following the advice in this book cured her of TMJ disorder. Based on this story, I bought the

book and faithfully followed a series of jaw exercises and relaxation techniques outlined in the book. Within a few weeks of doing these exercises and techniques, my jaw quit hurting. Headaches I'd been getting also went away. So, this book comes from my highest recommendation. Doug Fogel, [...]

great book to educate myself on the TMJ issue. For anyone out there concern about the health of TMJ, please practice advices in this book before getting an super expensive splint which might cause bite changes and further postural and emotional stress. Most splint therapy comes with a teeth adjustment and the whole thing would cause you at least \$5k if braces are not suggested. At least ask some 2nd opinion before acting on it. In my case, it has been a total nightmare. the bite changes cause a posture alternation as well, very stressful. Also, try not let those dentist scare you and let you believe you have a terrible problem. Most time a good posture and life style can significantly reduce the pain. Our body including our jaw joints are amazing and able to adapt (in most cases). good luck and hope this one can be a great tool for you.

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