

# Dental Distress and TMJ Disorder

By Simon Yu, MD

Here's a new concept for you. Consider Dental Distress and Jaw Disorders as root causes of your symptoms if the following conditions apply to you. You are suffering from any of the following: rheumatism, arthritis, respiratory disorders, asthma, hypertension, circulation problems, heart condition, gastrointestinal disorders, gynecological problems, sexual failure, migraine headaches, depression, insomnia, irritability or psychic disturbance. And you have seen many doctors for your condition without satisfying explanations or successful treatment.

Dental origins of distress can be caused by amalgams (fillings), root canals, periodontal disease, malocclusions, cavitations (infections of the jaw bone), or TMJ (Temporomandibular Joint) Disorder. Most people and most medical doctors don't realize that these dental distresses can result in imbalances of the neuro-muscular systems. These imbalances can result in the illnesses described above.

This article focuses on TMJ disorder, the enigma of medical-dental interactions. (Problems related to amalgams and root canals were addressed in a prior article, "Dental – The Root Cause of Chronic Illness", available on our web site.) The TM joints (where the jaw connects to the skull) are balancing centers in mandibular low jaw function. Clinical problems can result from alteration of less than one millimeter in the space of the TMJ. Proper movement of the TM joints is regulated by the head and neck muscles. The coordination of these muscles is linked to the first and second vertebrae in the cervical spine.

TMJ may be a cause of a neuro-muscular and/or psychic imbalance that must be treated in order to fully resolve the problem. Some symptoms of TMJ disorder include muscular pain, nausea, sleeplessness, head noise, clicking sounds, and even social and family maladjustments. TMJ is often misdiagnosed as hypochondria or nerve problems.

Keep in mind that TMJ Disorder is only one of many dental distress syndromes. Rejuvenation and rehabilitation of our mind-body (psyche-soma) dysfunction is never complete if you have unresolved dental related medical problems. Dental Distress, especially TMJ Disorder, is not only a dental related problem but also a medical problem. It needs a knowledgeable medical doctor's attention and often chiropractic adjustment.

I use several diagnostic methods in my practice to evaluate the functional imbalances of an individual patient. The dental meridian imbalance is one of the most common findings in my evaluations. Other frequent imbalances for chronically ill patients are food allergies, heavy metal toxicity, and parasite problems. (Articles discussing these issues can be found on our web site.)

Medical doctors need to recognize that unexplainable medical problems might be related to TMJ Disorder or other dental distress. In these situations, they need to provide appropriate medical support. A chiropractor may need to adjust the cervical spine in order to correct the displacement of TM joints. And a dentist may need to apply a functional dental orthopedic appliance. These remedies for TMJ Disorder require coordination between medical, dental, and chiropractic care. When appropriate, coordinated care is done correctly, the resolution of the problematic, seemingly uncorrectable, symptoms can seem almost miraculous.

Dr. Simon Yu, M.D. is a Board Certified Internist. He practices Internal Medicine with an emphasis on Alternative Medicine to use the best each has to offer. For more information about the subject of this article, and many other topics, as well as patient success stories, visit his web site at

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