

TMD NUTRITION/DIET

Video Links

<http://www.youtube.com/watch?v=qTu7WiQj07U>

Livestrong; run time: 1:11

TMJ is a disorder associated with joint pain and muscle soreness. Learn some health options for dealing with TMJ in this video.

<http://www.youtube.com/watch?v=aWwMb6Ks4Lc>

VHFILM; run time: 29:46

Discusses TMJ in regards to nutrition and treatments plus the latest Pharmaceutical and nutraceutical news.

Text Links

<http://health.msn.com/health-topics/jaw-problems-changing-your-diet-5>

“Jaw problems: changing your diet – topic overview”

Changes in your diet can reduce the mechanical stress on your temporomandibular (TM) joint and may help relieve your jaw pain.

<http://www.livestrong.com/article/461352-soft-food-diet-for-tmj-patients/>

Soft food diet for TMJ patients

http://www.ehow.com/way_5312346_list-foods-soft-diet.html

List of Foods on a Soft diet

<http://www.livestrong.com/article/445630-tmj-foods-to-avoid/>

TMJ: Foods to Avoid. You can adjust your diet to avoid certain foods that exacerbate your condition.

<http://www.livestrong.com/article/294334-fish-oil-and-jaw-pain/>

The anti-inflammatory components of fish oil may help relieve pain in your jaw joint.

<http://www.arthritis-treatment-and-relief.com/foods-or-vitamins-that-help-with-joint-pain.html>

Food or vitamins that help with joint pain

<http://www.mayoclinic.com/health/food-and-mood/MY00716>

The food and mood connection.

<http://www.ppnf.org/index.php/resources/guidelines-for-good-health>

Price-Pottenger Nutrition Foundation: Guidelines for Good Health

Cookbooks

Coffield B (author, illustrator) and Silici P (editor). You Can Conquer TMJ: Ideas & Recipes. Moonlight Mesa Associates, 2007 March 23.

<http://www.amazon.com/You-Can-Conquer-TMJ-Recipes/dp/0977459314>

TMD Organizations/Support Groups

American Academy of Craniofacial Pain (www.aacfp.org)

The AACP Web site features a referral network for locating qualified dental professionals, TMD educational information, self-help tips and more.

TMDData Resources (www.tmdataresources.com)

This Web site offers TMJ and snoring educational materials, support and related services for TMJ sufferers as well as healthcare professionals.

The TMJ Association (www.tmj.org)

The TMJ Association's Web site features an "Ask the TMJA" section for patients plus newsletters, brochures and other helpful information.

The TMJ Society of California (www.tmjsociety.org)

Founded in May of 1994, the TMJ Society of California is the leading voice of advocacy nationwide for those who suffer from the many faces of "TMD" - temporomandibular (joint) disorders.

The Facial Pain Association (www.fpa-support.org)

TNA The Facial Pain Association serves patients and their family members by providing information on treatment options, news of the latest research, plus support and referral assistance. The Web site features educational materials, answers to frequently asked questions, personal stories, a directory of helpful organizations and other resources.

Prolotherapy.com (www.prolotherapy.com)

One of the world's biggest and most informative Web sites on prolotherapy, featuring online articles, prolotherapy success stories, plus current research and ongoing studies.

TMD: NUTRITION/DIET – SCIENTIFIC REFERENCES

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Abstract not available.

Hutchins MO, Feine JS. Neuromuscular dysfunction: the role of nutrition. Compend Contin Educ Dent. 1985 Jan; 6(1):38-9, 42-5.

Abstract not available.

Namey TC, Wolford LM. Nutritional deficiencies in the complex TMJ patient. J Oral Maxillofac Surg. 1997;55(Suppl):114–115.

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Mallek H, Neff P, Nakamoto T. Interactions of nutrition and temporomandibular joint dysfunction. Ear Nose Throat J. 1984 Oct; 63(10): 499-504.

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Meinz D. Nutrition, diet, and dentistry today. Gen Dent. 2004 Sept-Oct; 52(5): 387-9.

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