

# Natural Help 4...

# Bruxism



## What is Bruxism?

**Bruxism** refers to **an excessive clenching together of the bottom and upper jaw, accompanied by the grinding of the lower set of teeth with the upper set.** Most people are unaware that they are grinding or gnashing their teeth because it frequently occurs at night (referred to as sleep **bruxism**). Usually, it is only when someone points it out that people with **bruxism** become aware that they are grinding their teeth.

**Bruxism** affects adults and children, and although not usually a serious medical problem, **it can wreak havoc in the mouth**, causing teeth to loosen and become painful. Parts of the teeth sometimes break, having been ground away completely. This can lead to jaw joint disorders, pain, headaches, earaches, damaged teeth, and abrasions in the mouth.

## Diagnosing Bruxism

It is important if you experience **bruxism symptoms** that you seek proper diagnosis and treatment. **Bruxism symptoms** include:

- **Teeth grinding and teeth clenching**
- Facial pain
- Headaches
- Oversensitive teeth
- Tongue indentations
- Damage to the tooth enamel, causing the inside of the tooth to be exposed

## What Causes Bruxism?

The **exact causes of bruxism are not exactly known**, but a combination of factors may contribute to the problem. Factors that could trigger **bruxism symptoms** include:

- Anger, pain or frustration
- Anxiety, stress or tension
- Certain personality types (particularly, aggressive, competitive or hyperactive personalities)
- Malocclusion (teeth that are not aligned properly)
- Posture
- Diet and sleeping habits

## Help for Bruxism

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It is not intended to diagnose or treat any medical condition. Nothing in this eBook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this eBook or on ANY website.

There are a number of ways to treat [bruxism](#). The **aim of treatment is to alleviate pain, prevent permanent damage to teeth, and change [teeth clenching](#)** behaviors as much as possible.

If you suspect that you may be suffering from [bruxism](#), you should consult your dentist. The dentist would most likely recommend a mouth guard to prevent [teeth grinding](#) together.

**Solutions for bruxism** include surgery, but is only recommended in extreme cases. Medications administered to treat this condition are usually muscle relaxants or mild sleeping aids.

Other **solutions for bruxism** such as natural and alternative therapies have proven to be beneficial in reducing the [bruxism symptoms](#) and promoting [nerve health](#). These therapies include:

- Biofeedback
- Hypnosis
- Stress management
- Relaxation therapy and meditation

Herbal remedies also offer **solutions for bruxism** since they can relieve [common nervous tension](#) and help to soothe the emotional problems causing [teeth grinding](#) and [teeth clenching](#). These include Hypericum perforatum (St. John's Wort), Passiflora incarnata, Melissa officinalis and Lavender. Homeopathic ingredients such as Phytolacca, Zinc and Arsenicum can also provide a safe, non-addictive alternative to traditional medications.

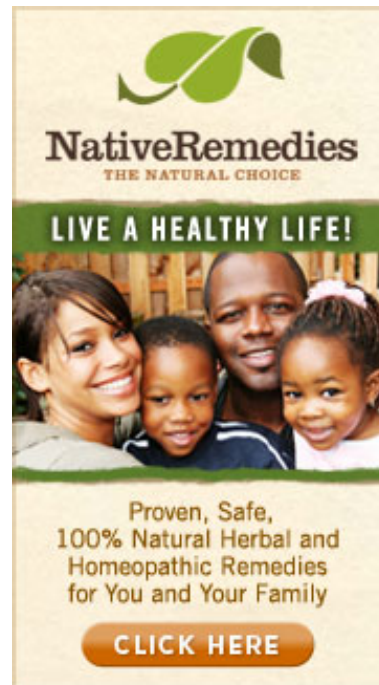
Try herbal teas of hops, passion flower, peppermint or lemon balm to soothe and calm your nerves and provide [deep relaxation](#) when you are feeling anxious and stressed. Consult a homeopath or herbalist for advice on incorporating natural therapies into your treatment plan.

## The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option**. Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both have a role to play in the treatment program**.

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself**. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a **unique and independent form of medicine** in their own right, well able to **treat a variety of conditions**. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a **holistic way to support health, relieve symptoms and prevent future disease**. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much**, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, **natural medicines can work quickly and safely to promote healing**.

In many cases, they can **succeed where pharmaceutical drugs have failed**. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines**.

It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards**, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior

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## Great Health Sites

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

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to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While **'standardized' extracts** may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages**, including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely**. Research what is best for you. If you have a chronic or life-threatening condition, don't make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

## Related Natural Remedies:

**Triple Complex Nerve Tonic**: Helps soothe anxiety levels at the first signs of an anxiety attack.

Triple Complex Nerve Tonic is a combination of three cell-supporting tissue salts, especially selected for their effect on brain and **nervous system** health. This combination of tissue salts can be used regularly in a general capacity to **promote systemic balance in the brain**, spinal cord and the entire nervous system, as well as in conjunction with other remedies to maintain therapeutic effectiveness.

Tissue salts, also called cell salts or biochemic salts, are composed of **minerals that occur naturally at a cellular level in our bodies** and all organic matter on earth (plants, rocks, and soil).

There have been **twelve essential tissue salts** identified as important components of all body cells, and without which true health is not possible. Each tissue salt plays a different yet vital role in maintaining cellular health in the organs and **nervous system** of the body.

Ensuring the healthy functioning of all brain and nervous system cells enhances the bio-availability of supplements, remedies and even nutrients in your diet. It also lessens the chance of a nervous breakdown. **Treating panic disorder** in people who suffer a **nervous breakdown** usually involves therapy. The doctor treating panic disorder will monitor the symptoms carefully to establish a treatment plan that aims to restore the health of the nervous system.

And, because our tissue salts are naturally occurring in the body and manufactured to ensure safe, yet optimum potency, they are safe to use for all ages, as well as during pregnancy.

[Learn more about Nerve Tonic](#)



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**PureCalm:** Aids nervous system in stress resistance for balanced moods and feelings of well-being.

PureCalm is a 100% safe, non-addictive herbal remedy that has been specially formulated by a Clinical Psychologist for adults and children.

PureCalm can be used to safely **maintain harmony, health and systemic balance in the brain and nervous system**, without harmful side effects and without sedatives. This remedy contains a selection of herbs known for their supportive function in maintaining brain health.

PureCalm can especially benefit those individuals needing **support overcoming worry, managing stress and promoting inner calm** related to certain situations. Natural stress relief products such as PureCalm can be used consistently, without side effects or compromising health.

[Learn more about PureCalm](#)

**Calm Within CD:** Promote relaxation, support balanced emotions and stress levels.

The Calm Within CD is composed by our Clinical Psychologist to **promote good physical and emotional health** using a specially developed therapeutic sound techniques and soothing music.

A combination of therapeutic script and nature's soothing sounds induce a state of deep relaxation, effectively relieving tension and **supporting the body's natural ability to heal**. In therapy with music that heals anxiety and depression, such as nature's soothing sounds, the listener is taken through a **series of progressive relaxation steps**, leading to a state of deep relaxation. Thereafter guided imagery is used to further enhance and expand therapeutic benefits.

[Learn more about the Calm Within CD](#)

Read the testimonials for these quality products [here!](#)

## **herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



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