

Natural supplements to help with TMD:

- **Glucosamine:** may reduce pain and help rebuild cartilage in the joint, which helps improve range of motion. Some studies show that glucosamine helps reduce pain in people with arthritis, which involves painful joints. One study found that glucosamine worked as well as ibuprofen (Advil, Motrin) for relieving pain and other TMJ symptoms. Glucosamine is often combined with chondroitin sulfate. Glucosamine may increase the risk of bleeding, especially if you also take blood thinners like warfarin (Coumadin), clopidogrel (Plavix), or aspirin. Some doctors think glucosamine might interfere with medications used to treat cancer. Ask your doctor before taking glucosamine and chondroitin.
- **Vitamin C:** is also used by the body to make cartilage. It may improve range of motion in your joints, including your jaw, although there are no scientific studies investigating vitamin C for TMJ problems. Vitamin C supplements may interact with other medications, including chemotherapy drugs, estrogen, warfarin (Coumadin), and others.
- **Calcium and magnesium:** may help the jaw muscle relax, although there are no scientific studies using them for TMJ problems. Magnesium and calcium interact with several medications, herbs, and supplements. They can also affect your heart and blood pressure, so be sure to tell your doctor before you take them.

SUPPLEMENT	DOSAGE	THERAPEUTIC EFFECT
CALCIUM AND MAGNESIUM	2000mg daily, magnesium 1500mg daily	Relieves muscle tension, calms nerves and builds bone.
B VITAMINS	100mg three times daily	Anti-stress vitamins.
GLUCOSAMINE SULFATE & CHONDROITIN SULFATE	1500mg daily, chondroitin 1000mg daily	Rebuilds cartilage and is anti-inflammatory. Has no side effect. Use caution if you have anaphylactic shellfish allergies. May take 6-8 weeks to see results.
HYPERICUM	30c for chronic & 200c for acute as directed	A natural homeopathic remedy with a strong pain killing effect. Especially effective against nerve pain
ARNICA	30c for chronic & 200c for acute as directed	A natural homeopathic remedy with a strong anti-inflammatory effect.
DEVIL'S CLAW	As directed	Relieves pain and inflammation
CURCUMIN	1000mg twice daily	A potent natural anti-inflammatory derived from the spice turmeric
MSM (METHYL-SULFONYL-METHANE)	1500-3000mg daily	Contains sulphur. Reduces inflammation and increases tissue repair.
BROMELAIN	500mg, three times daily, on an empty stomach	Can be used as a substitute for anti-inflammatory drugs. Good for acute use.
GREENS SUPPLEMENT	1-2 tablespoons twice daily	Can help to replace vegetables when chewing is too painful.
WHEY PROTEIN	1-2 scoops as directed	Use as a meal supplement when chewing is difficult.
ESSENTIAL FATTY ACIDS	As directed	Contains anti-inflammatory mediators.
Also beneficial for TMJ SUPPORT: Multivitamins, vitamin C, silica, alfalfa, collagen, coenzyme Q10, SAME, L-tyrosine, shark cartilage, boswellia, chamomile, catnip, hops, lobelia, thyme, St. Johns wort, and willow bark.		

Supplements for Management of TMJ

1) To help with Acute Inflammation of Joints-Choose one or more from the list below

a. Omega 3 Fatty Acids, try Nordic" Ultimate Omega 1,000mg Lemon Flavor softgel cap Fish Oil"

Carlson - Super D Omega-3, 2000 IU Vitamin D3, 1100 mg Omega-

3s, Heart, Brain & Immune Support, Lemon, 250 ml

Carlson Super Omega-3 Gems, 1200 mg Omega-3s

b. Proteolytic Enzymes, try Garden of Life Wobenzym N

c. Herbal Anti- Inflammatory Agent, try "Zyflamend" by New Chapter

2) For Joint Maintenance try these, they all can be taken together for the joints

a. Osteo Bi-Flex

Glucosamine

Chondroitin

MSM (Methyl Sulfonyl Methane),

try "Cosamin DS" which includes Glucosamine & Chondroitin

b. Vitamin C-500 to 1,000 mg per day, try "Metagenics Ultra Potent C 1000mg " or "Esther-C"

c. Zinc(Mineral, healing agent)-25 mg per day

d. Selenium (Mineral, healing agent)-50 mcg per day

For Muscle Relaxant

Magnesium and co-factors: such as Vitamin B6, Malic Acid, or Manganese,

Try "Malic-Magnesium" by Ethical Nutrients, it contains all 4 Minerals and Vitamins as listed above.

Nutrition and Supplements

The following nutritional tips may help prevent or reduce symptoms of TMJ dysfunction:

- Eat soft foods high in flavonoids, such as cooked fruits and vegetables. Flavonoids are plant-based antioxidants that may help decrease joint pain.
- Avoid saturated fats, fried foods, and caffeine. These foods may increase inflammation.
- DO NOT chew gum.

Some supplements that may help:

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Herbs

The use of herbs is a time-honored approach to strengthening the body and treating disease. Herbs, however, can trigger side effects, and can interact with other herbs, supplements, or medications. For these reasons, take herbs with care, under the supervision of a health care provider.

Cramp bark (*Viburnum opulus*) and **lobelia** (*Lobelia inflata*) may help reduce muscle spasms, although there are no scientific studies to support using them for TMJ problems. Use on the skin only and do not apply to broken skin. DO NOT take these herbs by mouth (orally).

Homeopathy

Although few studies have examined the effectiveness of specific homeopathic therapies, professional homeopaths may consider the following remedies for the treatment of TMJ dysfunction based on their knowledge and experience. Before prescribing a remedy, homeopaths take into account a person's constitutional type, includes your physical, emotional, and psychological makeup. An experienced

homeopath assesses all of these factors when determining the most appropriate treatment for each individual.

- *Causticum*. For burning pains.
- *Hypericum perforatum*. For sharp, shooting pains.
- *Ignatia*. For tension in the jaw.
- *Kalmia*. For face pain, especially with other joint pains or arthritis.
- *Magnesia phosphorica*. For muscle cramps.
- *Rhus toxicodendron*. For pains that feel better in the morning and in dry weather, and worse after movement or in wet weather.
- *Ruta graveolens*. For pains from overuse or injury.