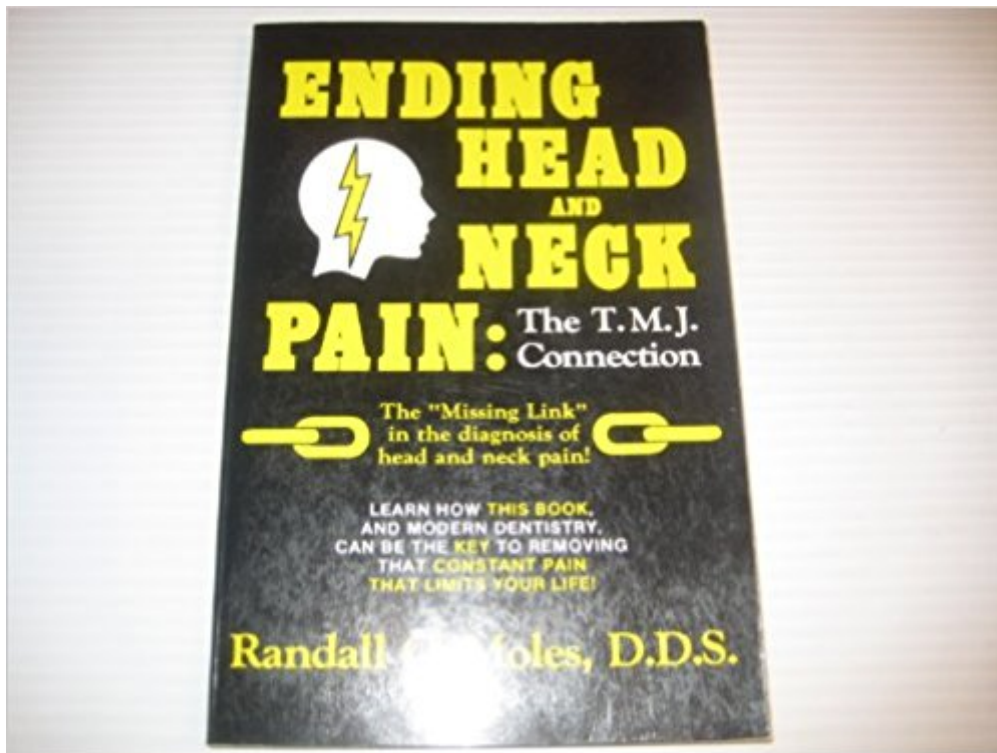




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# Ending Head And Neck Pain: The Tmj Connection



## Synopsis

Book by Moles, Randall C.

## Book Information

Paperback: 218 pages

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## Customer Reviews

Book by Moles, Randall C.

This book is well written and laid out in a very understandable format that is useful to both laymen and health professionals. It is a nuts and bolts look at what makes some people miserable and what can be done to improve your quality of life if you suffer from head and neck pain. It seems so many doctors are focused on a single aspect of this complex multifactorial problem. Dr. Moles is an expert in the field and provides a common sense approach to understanding and treating these pain issues which can be so debilitating. Thank you Dr. Moles for caring enough to share your insights.

This book was very helpful in explaining TMJ disorders and treatment options. The book gives detailed descriptions of the problems the TMJ Disorder can cause. It also describes a variety of treatment options. The case examples were also useful because you could see that people had improved following treatment. The chapters on exercise and nutrition gave motivation to exercise and eat properly.

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Ending Head and Neck Pain: The Tmj Connection TMJ Temporomandibular Joint Dysfunction -

Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Illustrated Anatomy of the Head and Neck, 3e (Fehrenbach, Illustrated Anatomy of the Head and Neck) Bailey's Head and Neck Surgery: Otolaryngology (2 volume set) (Head & Neck Surgery- Otolaryngology) Fixing You: Neck Pain & Headaches: Self-Treatment for healing Neck pain and headaches due to Bulging Disks, Degenerative Disks, and other diagnoses. Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Neck Check: Chronic Neck Pain Relief Once and For All (Super Spine) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Clinical Management of Head, Neck and T.M.J. Pain and Dysfunction Pain Free for Women: The Revolutionary Program for Ending Chronic Pain Ending Male Pelvic Pain, A Man's Manual: The Ultimate Self-Help Guide for Men Suffering with Prostatitis, Recovering from Prostatectomy, or Living with Pelvic or Sexual Pain THE ESSENTIAL ACUPUNCTURIST GUIDE TO HEAD AND NECK PAIN: Effectively treat Migra Relief from Head, Neck and Shoulder Pain 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back, Neck, and Shoulder Pain 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot 7 Steps to a Pain-Free Life : How to Rapidly Relieve Back and Neck Pain Using the McKenzie Method The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain Walk Yourself Well: Eliminate Back Pain, Neck, Shoulder, Knee, Hip and Other Structural Pain Forever-Without Surgery or Drugs The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain

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