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By Robert O**

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variety of treatment
options often more than
one to be done at the same
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help relieve the pain
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answer your questions
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a virtual goldmine of
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beyond the jaw exercises
which you will still need to
continue to do but this is
only one piece of the tmd**

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and related disorders
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and offers information on
seeking dental and
medical assistance while**

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exercises and relaxation
techniques that may
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