

**Taking Control Of TMJ: Your Total Wellness Program For
Recovering From Temporomandibular Joint Pain, Whiplash,
Fibromyalgia, And Related Disorders**

By Robert Uppgaard

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You can locate temporomandibular joint by putting your finger on the triangular structure in front of your ear. Then move your finger just slightly forward and press <http://worldental.org/jaw-and-bones/taking-control-of-tmj-disorder/>

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If you are among the 60 million people in the United States affected by TMJ disorder, then you may know what it s like to have your problem be misdiagnosed or go <https://www.newharbinger.com/taking-control-tmj>

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Some estimates suggest that over 10 million Americans are affected by temporomandibular joint and muscle disturbances, commonly called TMJ disorders.

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