

Tinnitus: Treatment Of Headaches And Tm Joint Problems Often Alleviates Chronic Tinnitus

Neuromuscular Dentistry is becoming a mainstay treatment for chronic headaches and TMJ problems. Relief or elimination of tinnitus is a frequent side effect of treating trigeminal headaches with TENS and neuromuscularly corrected occlusion.

Oct. 19, 2009 - [PRLog](#) -- Tinnitus is a wide spread problem and most patients find minimal relief thru treatment with physicians ENT's or medication. The fact that tinnitus is frequently relived as a side effect of using Neuromuscular Dentistry to treat chronic headaches is no suprise to Dentists and Neurologists who understand the Trigeminal Nervous System. TMJ disorders are frequently caused "THE GREAT IMPOSTER" because so many seemingly unrelated conditions almost magically go away when Neuromuscular Dentistry is used to treat chronic daily headaches, tension-type headaches, migraines and TMJ or TMD.

I HATE HEADACHES LLC has released its new website <http://www.ihateheadaches.org> to increase the public awareness of Neuromuscular Dentistry and the incredible help it offers to patients in chronic pain. SUFFER NO MORE: DEALING WITH THE GREAT IMPOSTOR is an excellent article in Sleep and Health Journal that discusses how tinnitus is related to other TMJ problems and is a must read for anyone with headaches or other chronic pain problems.

<http://www.sleepandhealth.com/story/suffer-no-more-dealin...>

An excellent article on Neuromuscular Dentistry that was originally printed in the AES Contact has also been republished in Sleep and Health Journal. The AES or American Equilibration Society is the largest international group dedicate to the diagnosis and treatment of TMJ disorders and correction of occlusion. <http://www.sleepandhealth.com/neuromuscular-dentistry>

Chiropractic Care has also been shown to be helpful in the treatment of Tinnitus. Two groups of Chiropractic Physicians who specialize in treating the first two vertebrae and how they connect to the head are especially effective in the treatment of Tinnitus. They are the A/o or Atlas Orthogonal Chiropractors and the NUCCA or National Upper Cervical Chiropractic Association.

There is an intimate relation between the Atlas or first cervical vertebrae, the Axis or second cervical vertebrae and the TemporoMandibular Joint. The mandible or lower jaw has been referred to as the last vertebrae. It acts as a counter-balance for head in control or posture. There s incredible research being carried out by Dr Norman Thomas, an Anatomist, Physiologist and Dentist at the Las Vegas Institue in Nevada that is utilizing current technology to prove how the neuromuscular control of the head neck and upper body is totally dependent on healthy neuromuscular occlusion.

Their research has shown that NMD or Neuromuscular Dentistry is the key factor in long term chiropractic stabilization. Dr Thomas and his cohorts have shown mirroring of the fossa of the TM Joint and Atlas and the condyles of the mandible and occiput of the skull.

The Quadrant Theorem of Guzay explains mechanically and pysiologically the fuctional relations of the jaw, head and cervical vertebrae. The science of Neuromuscular Dentistry was founded by Dr Barney Jankelson. The advent of new technology is allowing these technologies to merge into a single cohesive science. TMJ, TMD, TMJ/TMD, Tinnitus headaches, migraines cervical pain and dysfunction, and postural problems.

There is a connection between physical alignment of the body and physiologic responsces according to Dr

Norman Thomas who can frequently be heard reciting Shakespeare when he isn't quoting Nobel-prize winning Physiologist Sir Charles Sherrington. He cites the positive effects of lowering blood pressure by upper cervical alignment but stresses that the neck is never stable if the Neuromuscular Dental component is incorrect. The NUCCA website has information on lowering of blood pressure thru spinal adjustment.

Dr Thomas believes that study is only the tip of the iceberg for investigating NMD and its effects on human physiology. Dr Norman Thomas believes that the use of Spectral Analysis on EMGs of the musculature of the cranium and upper muscular holds the answer to connecting the work of Sherrington, Guzay, Hans Selye with Chiropractic and osteopathic medicine. Neuromuscular Dentistry is the key understanding head and neck physiology. Dr Norman Thomas is teaching Anatomy and Physiology at the Las Vegas Institute and his course is considered a essential for dentists and chiropractic physicians who want to incorporate both fields into their practice, unfortunately there are limited openings in his course.

The following is reprinted on the NUCCA website:

"Good Morning America Features NUCCA Blood Pressure Study "

"NUCCA doctors realize there is scientific, medical, and chiropractic exposure resulting from the blood pressure study that has now reached the national media through ABC's Good Morning America's segment : "Hypertension: A Pain in the Neck". [Tuesday March 25 (2008)]

The NUCCA Director of Research believes that ABC's Dr. Tim Johnson assessment of the study is correct. It is "very intriguing", "important" and "absolutely deserves more study" but this was a study involving only one Chicago certified NUCCA doctor and a small number of people. Scientists call such a study a pilot study. No one knows the long- term, single- adjustment effect because the study only kept track of patients for 8 weeks after the adjustment. When asked why it works, Dr. Johnson said "We don't know why." And NUCCA research does not know the answer to "why" either although we certainly have some educated guesses. Dr. Johnson stated that the area of the brainstem where the atlas vertebra is located is involved with regulation of blood pressure.

Both Tim Johnson, MD, (Boston) and George Bakris, MD, (Chicago & lead author of the study) realize that there was a "very significant drop in blood pressure" and realize the importance of future research to determine which people can benefit from this procedure.

NUCCA has developed a highly advanced hand-adjustment procedure that is an extremely precise and gentle technique unlike any other kind of chiropractic care. NUCCA chiropractic addresses mechanical spinal injuries (trauma) primarily in the neck and head region. These injuries cause neurological, postural, and spinal imbalances.

The tool of the NUCCA doctor is the upper cervical adjustment. The purpose of the adjustment is to mechanically return the head and neck to its normal position. By returning the head and neck to its balanced position, neurological stress is reduced and body posture is returned to normal.

Each patient's chiropractic adjustment experience and healing response is unique. One thing is universal: the light touch of the adjustment will set your body in the direction for achieving optimum health.

NUCCA requires the existence of postural problems to qualify as a patient; all of the people in the pilot study had postural problems. NUCCA doctors do not claim what they do should substitute for standard medical practice nor do they necessarily take people as patients on the basis of symptoms or pain."

A/O Chiropractic and NUCCA have similar philosophies but use different means to the same ends.

Additional information on NUCCA is Available at <http://www.nucca.org/>

Additional information on A/O Chiropractic is available at <http://www.atlasorthogonality.com/PatientSite/aboutAO.html>

There is also an intimate relation between sleep apnea and respiration and posture. Patients who suffer from sleep apnea while they sleep have postural and TMD issues when awake. Patients who do not tolerate CPAP find that using oral appliances to treat their apnea often leads to permanent postural changes and many report resolution of tinnitus when utilizing Dental Sleep Medicine to treat their apnea. I HATE CPAP LLC has created a website that explains the dangers of sleep apnea and offers dental solutions to snoring and apnea problems. Sleep Apnea Treatment solutions can be found at <http://www.ihatecpap.com>

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I HATE HEADACHES LLC provides information on Neuromuscular Treatment for headaches elimination and treatment. information on sleep apnea, sleep apnea treatment and cpap alternatives are available at www.ihatecpap.com This is the premiere site for the promotion of Dental Sleep Medicine and Sleep Apnea Dentists.

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Source Ira L Shapira DDS, DABDSM, DAAPM, FICCMO
City/Town Chicago
State/Province Illinois
Zip 60035
Country United States
Industry [Health](#), [Fitness](#), [Medical](#)
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