

Our Peaceful Times

ISSUE #19: FROM PEACEFUL HEALING THERAPEUTIC MASSAGE 860-349-HEAL

UPDATED WEBSITE, NEW EMAIL ADDRESS!

Check out the look of our updated website at:

www.peaceful-healing.com

Many thanks to Psumonix.com for their job in using their own expertise to make our site look really professional but still welcoming, as well as transferring all the contents of our old site onto the new webpages. Not a simple task with all our newsletters and health information!

We also have a new email address, so please update your address books to:

peace@peaceful-healing.com

RECEIVE YOUR NEWSLETTERS BY EMAIL!

If you would like to start receiving your Peaceful Healing newsletters by email instead of regular mail, please email us at the above address.

Back-issues of our newsletters are also available online on our website. Please keep in mind that some of the information regarding health insurance coverage may be out of date. If you have any questions or need clarification, please feel free to contact us.

BETTER KNOW A MUSCLE: JAW

This is the first in a new series of articles to better inform you about the major or important muscles in your body, where they are located, and what they do.

First, a little general information about muscles. Skeletal muscles are actually bundles of fibers, which cross joints and are attached at the ends to the skeleton by tendons. (Ligaments are similar to tendons but attach bone to bone, not muscles to bones.) Skeletal muscles also work in groups to move the body, though often one or two muscles are the major workhorses of that group.

Your jaw muscles perform for you throughout the day to raise and lower your jawbone when you need to chew or open or close your mouth. Tightening your jaw muscles closes your jaw. Relaxing them opens it.

The main muscle is called the masseter. Feel along your cheekbone, towards your ear. At the area closest to your ear and on the underside of your cheekbone is one end of your masseter. Feel downward towards the edge of your jawline. If you lightly clench and unclench your teeth, you should feel movement beneath your skin. This is your masseter. The lower end attaches to your jawbone.

A second muscle is the temporalis. To find this muscle, rest your open hand alongside your head, resting the heel of your hand in the indentation of your temple and fanning your fingers out above your ear. One end of your temporalis starts just below the heel of your hand on the interior side of your jawbone. The other end fans out towards the base of your fingers. Again, if you lightly

clench and unclench your jaw, you should feel movement beneath the heel of your hand. The upper half of the temporalis is tendon, and the lower half is the actual muscle tissue, which is why you feel the most movement in your temple.

The main health issue in the jaw is TMJ Disorder. TMJ stands for temporomandibular joint, which is the junction between the jawbone (mandible) and the cheekbone located at the temple. In general, this disorder is caused by overuse of the jaw muscles and/or habitual clenching or grinding of the teeth which causes pain and stiffness in the jaw, as well as damage to the teeth. Tightness in the temporalis muscle can also cause headaches in the temples. The cause for teeth grinding or jaw clenching is usually due to stress.

Working to stop the clenching and teeth grinding can be difficult, especially when caused by stress. However, it is definitely a possible achievement. First, understand what the relaxed position of the jaw is. A jaw in a relaxed state creates a space between the upper and lower teeth—just about enough space to be able to insert the tip of your tongue between your frontmost teeth. (Keeping your tongue-tip here is also a great deterrent to cut down on clenching, though you are likely to have a sort area of your tongue from repeated unconscious attempts of your jaw to clench.) Second, regular self-massage to the masseter (the most powerful of the two muscles) and the temporalis can also help to keep these muscles relaxed. Third, also take time out to stretch your jaw at various times throughout the day by opening your mouth as widely as possible and holding it open for a few seconds, much like when you yawn. If much of the jaw clenching is occurring during sleep, a mouthpiece may be required. Contact your physician for more information about this. Lastly, recognizing the physical and emotional causes for the TMJ Disorder can help you to become more aware of the situations arising in your daily life which have contributed to this health issue.

RECOVERING FROM A SUNBURN OR PROLONGED SUN EXPOSURE

A sunburn or prolonged sun exposure rob the skin of moisture. Keeping the skin moisturized on the outside with lotion or jojoba oil and on the inside by drinking lots of water helps to maintain healthy skin.

However, don't forget to put on your sunblock lotion (the highest SPF you can find) to provide a first line of protection against the damaging effects of the sun.



Peace, Love, Health, and Happiness to all.

Jenn & Jamie