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Components Of The Holistic Approach To Dentistry

DO YOU CLENCH OR GRIND YOUR TEETH?



Clenching and grinding is an unconscious habit. It can be hard on your teeth, gums/bones, jaw joints and muscles.

Bad habits can be broken and replaced with better ones. It is a matter of getting the right message to your unconscious mind for 21 straight days. Try this...it works...

“Lips Together – Teeth Apart – From This Position Do Not Depart”

Repeat this throughout the day and every night before bed.

We also have a self-hypnosis audio program titled “Stop Teeth Grinding”. Listen to it every night before bed, while relaxed, for at least 21 straight days.