

# Healing TMJ Pain (Temporomandibular Joint) with *Energy Kinesiology*

at



**Marge Bowen**  
**Certified Energy Kinesiologist Level 3**

Energy Kinesiology: A client-directed approach for identifying key body/mind issues that uses appropriate tools to create lasting, life change.

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## **HEALING TMJ with ENERGY KINESIOLOGY**

If you've been diagnosed with TMJ or Temporomandibular Joint syndrome, you know that this small joint of the jaw can create major problems and pain. Sleep disruption, headaches, muscle pain, locking jaw, throbbing and clicking are just a few of the symptoms many experience daily.

Why and how TMJ develops can be due to reasons such as trauma to the bones or muscles, constant teeth grinding and/or subconsciously held emotions. **There is a physical component and often an emotional component to this chronic condition.**

### **Energy Kinesiology**

Energy Kinesiology offers a powerful combination of "tools" to access both conscious and subconscious programming as well as neurological circuits that may be confused due to physical and/or emotional traumas.

Through this biofeedback tool, strong connections can be identified between physical structure, various reflexes, organ and muscles and psychological components. Marge Bowen can help you to support healthier wellness patterns for a better life using Energy Kinesiology techniques.

### **What to Expect:**

Marge will work with you as you are lying fully clothed, on a massage table. She will ask you to move your jaw in different positions to your comfort level to show the stress in movement. Biofeedback is used to determine the muscle, ligaments, tendons and energy channels (meridians) involved. During this process, your body will also indicate if subconscious emotions are a part of the jaw issue and if new thought patterns are needed to support healing. Again, your body/mind system will lead the way in communicating – through the wonderful biofeedback tool of Energy Kinesiology – the correction techniques needed to restore muscle function, energy flow and the mental/emotional support needed to heal the jaw.

### **Benefits of Energy Kinesiology Work:**

- Relaxation of muscles and whole body
- Greater range of motion and comfort of the jaw

- Increased blood and lymph circulation
- Increased jaw and neck muscle function and comfort
- Awareness of thoughts, feelings and beliefs that add to the tension of the jaw
- Reduction or elimination of teeth grinding
- Better sleep
- Greater movement in whole body (the jaw and hips are related)!
- Possibly better digestion - more chewing means greater digestion in stomach
- Improved focus
- Improved Hydration

**Suggested Treatment Approach:**

Energy Kinesiology work requires a 4-session minimum for us to uncover key issues for change and for some clients to begin to feel the effects of the work. The number of sessions is based on the complexity of the issues as well as your motivation for change. Our sessions will last for 1 hour each week for the first 4 weeks. Further sessions may be required and will be determined on a case-by-case basis.

**Fee:**

**\$300** package includes 4, 1- hour sessions booked within a 6-week period. All packages must be prepaid.

**Booking Policy:**

When you book a treatment, credit card information will be taken to hold your reservation. We will call you the day before your appointment to confirm your scheduled session. In the event that you need to cancel or reschedule your appointment, we require a phone call notice by 5:00 p.m. the day prior, or your card will be charged 50% of the scheduled services. Any appointment booked the day of service will be charged in full at the time of booking, and is non-refundable. No shows will be charged the full dollar amount for their missed appointment. Please note that scheduling an appointment is your acceptance of this policy.



***Marge Bowen***  
***Energy Kinesiologist***

Marge Bowen has a BA degree and is a Certified Energy Kinesiologist, Level 3 and Licensed Massage Therapist. She began her path in the healing arts in 1998 and has continued her studies in various forms of energy healing and Kinesiology with experts from around the world. She is certified to teach Touch for Health, Kinergetics and Agape. She is immediate Past President of the Energy Kinesiology Association.

Marge has great passion for Energy Kinesiology and how it has helped clients experience positive changes and benefits to their health and performance. Marge specializes in brain integration for children and adults to help with learning and life challenges by focusing on survival mechanisms in the neurology, physiology and the emotion of the subconscious mind. She also works with women's hormonal issues, allergies, fatigue and pain.

Marge often speaks to groups about Kinesiology and how it can help people get what they want in their lives, including improved health. Marge and her family live in Midway, Utah.

***Balance*** is a wellness-based center that offers therapeutic services, ongoing client education opportunities and natural and organic products that promote health and overall well being. We strive to provide quality care and a calming atmosphere to nurture your body, mind and spirit on the physical, mental, emotional and energetic levels.

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