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## 1. Here is a Copy of the Report You Requested

Hello ~Contact.FirstName~,

Thanks for taking the time to request my report! I can't wait to help you find solutions for the headaches you have been experiencing. In the report, you will discover a possible reason for your headaches and how you can resolve that problem. You might be surprised at what you learn, so continue reading below!

# Defeating Headaches With a Dentist's Help

## *Understanding TMJ/D and How it Can Affect*

### *Your Health and Comfort*

**Headaches are rarely “cured” with two aspirin. Sometimes there is more at risk. Do your headaches:**

- **Recur several times each week?**
- **Sometimes progress into full-blown migraines?**
- **Come back after taking medication?**
- **Begin near or around your ears?**

In this new report, “**Defeating Headaches With a Dentist's Help – Understanding TMJ/D and How it Can Affect Your Health and Comfort,**” I will help you better understand your headaches and what could be the cause behind the pain. Medications won't solve the problem, but there is a solution!

## **You Can Be Free of Pain!**

We'll answer your questions by covering the following topics within this report:

- **What Symptoms Point to a Jaw Condition?**
- **What Could be Causing Your Pain?**

- **How Does Your Dentist Make a Diagnosis?**
- **How to Handle TMJ Pain at Home.**
- **What to Do When Home Treatments Don't Work.**
- **How to Ensure That TMJ Dysfunction Stays Away.**

Recurring headaches really are a reason for concern. Don't spend your life popping pills when there is a much better solution that's just a dental appointment away. Continue reading to gain insight into the world of your temporomandibular joint and how it could be the reason for your pain and discomfort.

## **An Introduction**

When most people experience a headache, they assume that the old *take a couple of aspirin and call me in the morning* approach will work like a charm. Most of the time, this will take care of a headache brought on by stress or a lack of sleep, but what happens when that headache comes back again and again and again? What happens when that headache turns into something more serious, like a migraine?

The next logical step is to call your general practitioner. You might receive some stronger medication or a whole lot of testing, but will you get a solution for your headaches? Maybe. Maybe not. It's at this point that many people don't know where else to turn. They don't want to be tied to a bottle of pain pills, but they also can't deal with the constant headaches. It's time to turn to an unlikely candidate: the dentist.

That's right. The dentist. I realize that the dental office is probably not your favorite place to go. Most of the population avoids the dental office and will only come in if they are in excruciating pain. Constant headaches and migraines definitely count as excruciating pain. When you can't find a solution in medication or your doctor's office, I will be ready to see you.

With one appointment, I will be able to determine if I can help. There's no need to be poked, prodded, and annoyed by medical testing. I can take a few images and know for sure if I hold the solution to your pain.

So, why not get started on a path to a happier, healthier life right now? Let's dig a little deeper into the world of temporomandibular joint dysfunction (TMJ/D).

## **Signs That Something Could Be Wrong**

The top symptom of TMJ/D is recurring headaches or migraines, but that's not the only symptom. Sometimes TMJ/D takes other forms, so you could be missing the warning signs right now, even as you read this. Below are a few more signals that something in your jaw is going terribly wrong.

- Recurring head, jaw, or neck pain

- Frequent popping or clicking of the jaw
- The jaw grinds together or locks
- Pain similar to an ear infection with none of the other symptoms
- Eye, tooth, throat, facial, or shoulder pain
- Sinus congestion
- Unexplained dizziness or swelling
- Unable to open the mouth all the way
- Difficulty chewing and swallowing
- Stuffiness or ringing in the ears
- The face feels tired

Any of these things by itself might not even catch your attention. When you begin to experience these symptoms in pairs or groups, you'll be looking for a solution. You don't need to look any further than the dental office.

## What Caused This to Happen?

When you are in pain, it's very normal to want to know why. In truth, the cause of your TMJ/D can be very difficult to pinpoint. There are four major categories that we look at when trying to determine the cause of your pain. Together, we might be able to discover the cause and make sure that you never experience this pain again!

**1. Injury** – It is very common for an injury of the jaw, joint, or facial muscles to lead to TMJ/D. This injury could be anything from a heavy blow to whiplash during a car accident. The trauma to your facial structure will lead to TMJ pain.

**2. Bruxism** – Another common TMJ/D cause is bruxism. Bruxism is another word for teeth grinding. This might happen while you are sleeping or while you are sitting at your desk at work. It can be a result of stress, anxiety, or misaligned teeth.

**3. Arthritis** – Another cause for TMJ pain is arthritis. Arthritis is the inflammation of your joints. In this case, your temporomandibular joint is swollen and causing pain.

**4. Movement** – Your joint is made of a ball, socket, and disc. Sometimes that disc simply slips out of place, causing the TMJ pain.

Regardless of what caused your TMJ pain, our goal is to heal your joint and allow you to get back to regular life! This begins with a confirmed diagnosis of TMJ/D, which we can take a closer look at in the next section.

## How is TMJ/D Diagnosed?

At the first signs of TMJ/D, you should schedule an appointment with my office. Once you are here in the office, it won't take us very long to determine if your headaches and pain are caused by your TMJ. We'll begin with a simple exam of your face and jaw. I will listen for clicking, popping, and grinding as you open and close your jaw. I also will be feeling for any signs that your jaw is locking or limited in movement. Then, I will check your bite for signs of shifting.

Once the initial exam is complete, I will probably request additional images, like X-rays. An X-ray of your jaw, face, and joint can show a lot. In rare cases, an MRI or CT also can be necessary when diagnosing TMJ/D. It will not only confirm a diagnosis, but it can show the cause of the TMJ/D. At the end of your appointment, I will be able to tell you whether or not your headaches and pain are related to your TMJ, and we will move on to treatment options.

## **Home Treatments First**

Whenever possible, I try to solve TMJ pain with treatments you can complete at home. If we can solve the problem with a simple solution, there's no reason to do anything else! Take a look at a few of the most common at-home treatments and why they solve TMJ pain.

**Over-the-Counter Medications** – In some cases, an anti-inflammatory medication can help your joint and muscles prepare for healing. When combined with other healing techniques, these medications can be very beneficial.

**Eating Softer Foods** – Often the jaw just needs time to heal. You can do that by making it do as little work as possible. Eating softer foods for a short period will give your joint a chance to rest and heal.

**Avoid Extreme Movement** – Yawning and chewing gum are considered extreme movements for your TMJ. Avoid gum altogether and keep your yawns as small as possible.

**Cold/Hot Packs** – Alternating cold and hot packs can allow your joint and muscles to relax and heal. Try a few simple jaw exercises between the packs and enjoy a comfortable jaw!

**Correct Your Posture** – Sitting with your chin in your hand, holding the phone on your shoulder, and slouching can irritate your TMJ. Correcting those movements will relieve some of the tension in your joint.

**Practice Relaxation Techniques** – The more relaxed your jaw, the quicker it will heal. Practice jaw relaxation by keeping your teeth slightly apart (put your tongue between your teeth), breathing deeply, and exercising your jaw.

In many cases, these simple at-home methods can allow your joint enough time to heal on its own without further treatment from us. While there are cases that require more extensive care, we will try these simple techniques before moving on to anything else.

## **When Home Treatments Aren't Enough**

If these at-home techniques don't work, there is still light at the end of your tunnel! There are many, many treatments we can turn to when the easy routes don't pan out. Take a look at the variety below. Rest assured that there is always a solution. You won't live with this pain forever!

### **Traditional Office Techniques**

When we realize that simple relaxation and habit changes won't work, we will try other solutions. The most common office solution is a night guard. This is a soft plastic tray that I make to fit your teeth perfectly. You'll wear it at night to protect your teeth from grinding and clenching.

Often TMJ is a result of teeth that are in bad shape. Your teeth might be misaligned, or you might be missing a tooth, etc. Those seemingly small problems can actually cause your jaw to clench and grind, which will cause the TMJ pain. By correcting your dental issues through orthodontics, crowns, bridges, or whatever is necessary, we can end your TMJ problems.

### **Surgical Techniques**

In the worst-case scenario, I am forced to recommend surgery. There are three types of surgery: arthrocentesis, arthroscopy, and open-joint surgery. Each of those surgeries gets progressively more serious beginning with a simple flushing of the joint and progressing to open-joint surgery.

## **Preventing TMJ Problems in the Future**

We can't always prevent TMJ, but there are things you can do to greatly lower your risk of ever being in this boat again. It follows the same guidelines as great oral care: good hygiene, protection when you need it, and routine appointments.

Great hygiene habits keep your teeth healthy, so there is a much lower risk of losing or damaging your teeth due to infection or decay. By maintaining all of your natural teeth, you will be less likely to develop TMJ.

Routine appointments are another very important aspect of oral care. Schedule a cleaning and exam every six months! These appointments are imperative to catching small problems before they require major dental work.

Finally, wearing dental protection when you participate in athletics can protect your mouth from injury, which can cause TMJ/D. An elbow to the jaw, a spill off your bike, or clenching your teeth while running marathons can cause TMJ pain – and all can be prevented with the proper protection.

There's no reason for you to suffer any longer. Whether you regularly deal with headaches or hear a funny sound when you chew or speak, it's time to make an appointment. Let me take one look at your jaw and see if TMJ/D could be the cause of your discomfort. Contact my office today by calling (715) 318-8893 or requesting an appointment at [www.hebertdental.com](http://www.hebertdental.com).

I cannot wait to see your smile very soon!

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## **2. Subject: Going to the Dentist Can Improve Your Life in Many Ways**

Hello, Friend!

~Contact.FirstName~, thank you for ordering my free report, "Defeating Headaches With a Dentist's Help – Understand TMJ/D and How it Can Affect Your Health and Comfort." As you know by now, a trained dentist can do more than give you the beautiful smile you deserve. We also can end your severe pain.

The problem is that fewer than two in five Americans (38 percent) regularly see a dentist. That means nearly two-thirds of Americans aren't taking care of their teeth the way they should and are putting themselves at risk for other health problems associated with poor oral hygiene.

I'm going to send you some emails over the next few weeks about just that. I'll be giving you both the knowledge and the means to help solve your headaches issue, as well as some supplemental information about the importance of going to the dentist.

If you've read the report, you know what I mean. If you haven't read it yet, give me your feedback after you are done.

If you're one of the many Americans not seeing a dentist, check out my website at [www.hebertdental.com](http://www.hebertdental.com) to see if I might be a good choice. To set up an appointment to come and see me, call me at (715) 318-8893.

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### **3. What is the Temporomandibular Joint, and Why is it Important?**

Hello ~Contact.FirstName~!

Thank you so much for ordering my free report, “Defeating Headaches With a Dentist’s Help – Understand TMJ/D and How it Can Affect Your Health and Comfort.” I know that it will benefit you in your hunt for a healthier smile!

Let’s begin with some basics about your temporomandibular joint, because without this basic knowledge, you won’t really understand the significance of a TMJ dysfunction. Sure, you’re in pain, but why?

What’s really going on?

Your jaw is made up of an upper jaw and a lower jaw. The upper jaw is a part of your skull and does not move. It never goes up or down unless your entire skull moves up and down. Whenever you yawn, chew, or speak, your lower jaw is the one doing the work. The lower jaw is connected to your upper jaw through two joints on either side of your head (right around your ear). These joints are called the temporomandibular joints.

When one or both of these joints is damaged, you will know it every time you open your mouth (which is close to 1,000 times each day). Each opening of your mouth bothers your joint and presents as pain or an interesting sound, like popping, clicking, or grinding.

TMJ is not something to ignore, and it won’t fade away over time. I need to take a look as soon as possible. You can begin your journey towards a better smile by using the following information to contact my office. Call (715)318-8893 or request an appointment at [www.hebertdental.com](http://www.hebertdental.com).

Let’s work together to solve this TMJ problem!

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### **4. Get Help for Your “Mystery” Pain**

Hello again ~Contact.FirstName~!

The other day a patient happened to mention that she'd had an earache for weeks but her doctor said she didn't have an ear infection.

It was a story I'd heard before, and I had an educated guess as to what was going on.

A quick, painless exam confirmed my suspicions. My patient had what we dentists call an "occlusal" disorder, which simply means her teeth didn't line up just right.

That was affecting her temporomandibular joint – the complex arrangement of muscles, tendons and bones directly in front of your ear that lets you move your jaw so you can eat, talk, and yawn.

I knew problems with that joint could masquerade as all sorts of other conditions like headaches, shoulder pain, dizziness AND earaches. What's more, I knew there were some very good ways to treat the problem.

### **A Common Problem**

It wasn't the first time I'd been able to help a patient with "mystery" pain, but in each case I'd only heard about the problem because the patient and I got to chatting. After all, nobody goes to see the dentist because of something like an earache or stiff neck.

So, let me give you a quick look at the problem, just in case YOU or a friend or loved one might be suffering from "mystery" pain, too.

Basically, bite problems can look like almost anything but what they are.

For example:

- About 80% of patients with TMJ problems experience headaches, and about 40% have facial pain.
- Another 40% suffer from mild but uncomfortable dizziness.
- Approximately 50% have ear pain without the normal signs of ear infections.

The only way to know for sure is to come in for your own exam. Contact my office today by calling (715) 318-8893 or requesting an appointment at [www.hebertdental.com](http://www.hebertdental.com).

I cannot wait to help you figure out the problem very soon!

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## **5. Do You Have a Headache That Won't Go Away?**



*“Really, you think a migraine is just a headache? And I suppose Godzilla is just a lizard.” – Author unknown*

“Treated by a dentist? Really?” That’s something we hear a lot around our office. Suffering from chronic headaches or migraines is flat-out miserable. There’s just no other way to put it. I see patients whose lives are greatly diminished by the headaches and pain they experience. It affects their relationships with family and friends. It can wreak havoc with their work and in many cases keeps them from enjoying leisure activities. They live in terror of the next episode. That’s stressful, sad, and unnecessary.

- The National Headache Foundation has determined that more than 45 million Americans suffer from headaches and migraines.
- The World Health Organization has noted that more than 900,000 Americans experienced a migraine headache yesterday!
- The U.S. Agency for Healthcare Research and Quality has stated that more than 3 million Americans went to a hospital emergency room seeking relief from headaches in 2010.

I know you probably don’t associate dentists with treating headaches, but consider this: Your brain has an area we call the “headache center” located near the base of your skull. Right there is where all the nerves from the mouth, teeth, and jaw joints, and the muscles that move them, intersect. The techno-medical term for this area is the trigeminal nerve center. Let’s call it your TG nerve for now.

Your TG nerve is involved with your jaw, ligaments, and teeth, and the muscle functions of your head and neck. If that nerve becomes unbalanced, your brain senses it, and guess what? Right. Headaches and pain are the result.

This TG nerve is in the area where we perform daily functions such as:

- Chewing
- Swallowing
- Breathing
- Eating
- Talking

All things we do every day, all day. If you have an imbalance in any of those vital functions, it has the potential to be aggravated literally thousands of times a day! That’s how often we open and close our mouths! If you have a problem with any of those muscles, ligaments, or joints, it’s like Chinese water torture; each individual drip isn’t so bad, but a non-stop experience will break you.

Don't spend another day wondering how you'll make it through until tomorrow. Contact my office today by calling (715) 318-8893 or requesting an appointment at [www.hebertdental.com](http://www.hebertdental.com).

I will help you find a solution very soon!

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## **6. (Subject Line) Think TMJ Will Go Away On It's Own? Think Again!**

Hello ~Contact.FirstName~!

Do you feel like an expert on TMJ yet? If you've been reading my report, "Defeating Headaches With a Dentist's Help – Understand TMJ/D and How it Can Affect Your Health and Comfort," and the previous messages, you now know much more about TMJ/D than the majority of people in your circles!

I believe that it is important for you to understand TMJ/D so that you have hope to defeat it very soon. You need to understand that TMJ/D is not something that will go away on its own.

That's right. This isn't like a 24-hour bug that will fade away in a day or so. TMJ/D will get progressively worse as long as you ignore it because every day of chewing and speaking and yawning brings new stress and trauma to an already damaged joint.

Sometimes the at-home remedies will be enough to give your jaw a chance to rest and recuperate, but often you will need some sort of dental intervention to really correct the problem.

The process begins right here in my office. Contact me today by calling (715) 318-8893 or requesting an appointment at [www.hebertdental.com](http://www.hebertdental.com). I take great pride in finding solutions for jaws that are in pain, so don't hesitate any longer!

I cannot wait to help you solve the problem very soon!

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## **7. Your General Physician Isn't Always the Answer**

Hello again ~Contact.FirstName~!

After reading the subject line, I know what you're thinking. How can a dentist be the answer? Believe me, I've heard that before. I'll let you in on a secret. Physicians mean well. They don't like to see their patients in pain. They want to provide relief. Their training is to treat headaches with drugs. Even if it does relieve the pain, it doesn't fix the underlying cause of the headaches, so they don't actually stop.

Guess which medical professional works in the area where headaches occur? The dental physician. Medical doctors aren't aware of the advancements being made in dental medicine, and why should they be? They have enough to keep up with in their own fields.

Not a lot of dentists have had special training in headaches, either, but we are out there! The good news is that we can often treat headaches without drugs or needles. In fact, our treatment for you will be totally personalized because we know that each patient is unique and has unique needs. That's good news for you!

Feel free to try your general physician's solution, but when you're tired of popping pills, I will be here waiting to see you! Contact my office today by calling (715) 318-8893 or requesting an appointment at [www.hebertdental.com](http://www.hebertdental.com).

I cannot wait to see your smile very soon!

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## **8. Drugs Aren't Curing Your Migraines, and They're Hurting Your Body!**

Hi! It's me again!

If there's anything we know for sure, it's that drugs don't cure headaches! That's why your physician hasn't been able to stop giving them to you. General physicians are trained to treat headaches with drugs. They are trying to relieve your pain, but that doesn't actually fix the problem.

~Contact.FirstName~, if you suffer from chronic headaches or migraines, you've probably taken plenty of prescription and over-the-counter medicines. They may stop the pain for a while, but they don't stop future headaches. What they **do** is build up in your system and eventually hurt your organs.

Have you taken 600 anti-inflammatory pills like ibuprofen over your life? It may not seem like it, but think: that's the equivalent of two a day for one year or two a week for about six years. It doesn't take much to get to 600 pills, and if so, you've likely caused permanent liver damage. Even if you don't take them every day, the effect is the same.

It's no wonder that side effects from prescription and non-prescription drugs are one of the **top 10 leading causes of death in this country**.

As dentists, we study and understand the function and interaction of every nerve and muscle, not just in our mouths, but in our heads: mouth, jaw and neck. In recent years, this understanding has led to incredible breakthroughs by dentists and research scientists about how teeth and jaws must align properly to avoid pain.

If any medical professional is going to solve your headache problem without chaining you to a pharmacy, it is me! Contact my office today by calling (715) 318-8893 or requesting an appointment at [www.hebertdental.com](http://www.hebertdental.com).

I cannot wait to ease your pain very soon!

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## **9. If You Don't Have Alignment, You Don't Have Anything**

Hello ~Contact.FirstName~!

I would like to start by saying thanks, again, for being invested in your smile. This decision to seek care for your jaw is one of the best decisions you can make. After all, your smile is one of your greatest assets.

A healthy smile is about more than just having healthy teeth, as you have probably begun to realize. Your jaw's health is essential to your comfort, but your jaw's health is connected with the health of your teeth.

That's right. The state of your teeth will affect the state of your jaw, and it all begins with alignment. Your teeth are not flat. Each tooth is grooved with high and low points that should fit with the high and low points of the tooth above. We call this alignment a "good bite."

When your teeth don't align, your jaw has to work overtime to try to find a resting place. That constant stress wears on your muscles and joints, which causes you to develop TMJ/D symptoms. To correct that wear and tear, we need to take measures to correct

the alignment of your teeth, whether that means orthodontics, crowns, or some form of restoration.

I am here to help you begin the process toward a healthy smile. Just contact my office today by calling (715) 318-8893 or requesting an appointment here [www.hebertdental.com](http://www.hebertdental.com). We will begin with an exam and see what needs to happen next!

I cannot wait to help you figure out the problem very soon!

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### **10. Orthodontics Can Help, but You Don't Want to Look Like a Pre-Teen**

Hello ~Contact.FirstName~!

I'm so glad that you are continuing to learn about TMJ/D and ways that you can improve your oral health! When it comes to TMJ/D treatments, each case is different. Sometimes a few relaxation exercises can allow your jaw to relax and heal. In most cases, you will require more extensive treatment.

TMJ pain is sometimes caused by teeth that are misaligned, which means that they don't fit together properly. The best way to correct alignment issues is to use orthodontic treatment. Many adults shy away from traditional orthodontics, and I can't say that I blame them. No adult wants to walk around with metal brackets and wires in lieu of a smile!

You can get corrective orthodontic care that doesn't make you feel like a pre-teen who is late to math class. I offer orthodontic treatment made from clear plastic aligners that are practically invisible to those around you! This treatment is called Invisalign. Your TMJ/D will benefit from the orthodontic care, but your pride won't be harmed by the look of your orthodontic work!

Begin this pain-ending process today. Contact my office today by calling (715) 318-8893 or requesting an appointment at [www.hebertdental.com](http://www.hebertdental.com).

I cannot wait show you your options very soon!

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## 11. Think Going to the Dentist is Expensive? Try Not Going.

Hi there ~Contact.FirstName~,

I hope you've had a chance to read the report I sent you, "Defeating Headaches With a Dentist's Help – Understand TMJ/D and How it Can Affect Your Health and Comfort." I hope it and my previous emails are making you think seriously about going to see a dentist.

I understand, though, if you are concerned about the costs. That's why I want to address the cost of **NOT** going to the dentist.

Here's a supplement to what you have read in the report. Going to the dentist may cost a few hundred dollars a year if you have good teeth, you keep them clean, and you get regular checkups. These are the people for whom dental insurance makes sense.

The longer you go **without** seeing a dentist, the more it could cost and the less likely insurance is to cover it all. I have seen patients who needed tens of thousands of dollars in dental work because they were afraid of, or otherwise neglected, going to the dentist.

There's only one way to solve this dilemma: **get to a dentist ASAP!**

I can't tell you how many people I see who have abscesses (infected pockets in their gums) or bone infections that could have been prevented with even occasional checkups. Then they are stunned at the cost to fix their problems when they finally come in.

Don't wait another day because those costs are adding up as you read this! Routine care is always less expensive than scrambling to fix an emergency. Contact my office today by calling (715) 318-8893 or requesting an appointment at [www.hebertdental.com](http://www.hebertdental.com).

I cannot wait to ease your pain very soon!

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## 12. Is Your Job to Blame For Your TMJ Pain?

Hello again ~Contact.FirstName~!

I'm so glad that you have selected my free report, "Defeating Headaches With a Dentist's Help – Understand TMJ/D and How it Can Affect Your Health and Comfort." I know that the information in that report will help you know where to find solutions for your pain.

I'm sure that if you could find the *off* switch, you would have done so by now! No one wants to be in constant pain! At this point, you probably just really want to know what's causing the pain so that you can end it. The answer might be closer than you realize.

I see many cases of TMJ/D that are brought on by stress. For most of us, that stress is related to our jobs. If you catch yourself clenching your teeth or holding tension in your jaw throughout the work day, you could be recognizing the very cause of your TMJ dysfunction.

The easy answer is to just relax. Of course that is easier said than done, but practicing relaxation techniques while at work can make a significant difference. I recommend routinely relaxing your jaw by placing your tongue between your front teeth. This forces your jaw to ease harmful tension.

Relaxation techniques can help your TMJ pain, but there is no guarantee that your TMJ will be healed from this one simple method. Contact my office today by calling (715) 318-8893 or requesting an appointment at [www.hebertdental.com](http://www.hebertdental.com) so that we can figure out the severity of your situation. I am here to help you find a solution!

Let's get to work on this solution very soon!

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### **13. Reading This May be a Matter of Life or Death**

Hello ~Contact.FirstName~,

Thanks for taking your time to read this email. I hope you've read these messages and taken them very seriously, because we take your health very seriously!

It must seem like every time I email you I'm telling you to schedule an appointment with a dentist to make sure you have good oral health.

Well, I guess I am. I'm just really passionate about helping people be healthy.

You'll notice I didn't say "helping people have healthy mouths and teeth." That's because there is more and more evidence that good oral health leads to better overall health.

Your oral health can be an indicator of your overall health and sometimes give clues to issues elsewhere in your body.

For example, here are just a few of the risks you run by having poor oral health, according to the Mayo Clinic:

- **Alzheimer's disease.** Tooth loss before turning 35 and oral bacterial infection might be a risk factor for Alzheimer's disease.
- **Cardiovascular disease.** Research suggests that oral bacteria can cause inflammation and infections, which could be linked to heart disease, clogged arteries and stroke.
- **Diabetes.** Gum disease appears more often and more severely among people who have diabetes. Research also shows that people who have gum disease have a harder time controlling their blood-sugar levels.
- **Endocarditis.** Endocarditis is an infection of the inner lining of your heart. Endocarditis usually happens when bacteria or other germs from another part of your body (including your mouth) spread through your bloodstream and attach to damaged areas in your heart.
- **Pancreatic, head, and neck cancer** have been linked to oral bacteria.
- **Pregnancy and birth.** Gum and bone disease has been linked to premature birth and low birth weight.

So I'm not just trying to get you to see the dentist so you'll have a winning smile; I'm trying to protect your life.

Are you really thinking about your oral health yet? I hope so. Contact my office today by calling (715) 318-8893 or requesting an appointment at [www.hebertdental.com](http://www.hebertdental.com).

Let me help you get healthier very soon!

Dr. Sean Tarpenning  
Hebert Dental  
(715) 318-8893  
[www.hebertdental.com](http://www.hebertdental.com)

#### **14. Have You Tried These Techniques Yet?**

Hello once again ~Contact.FirstName~!



I hope that at this point, you have recognized that your TMJ situation needs attention! You should realize that there is no reason to wait any longer. You need to find a solution before your TMJ/D worsens!

I haven't seen you yet, but I'm still hoping to meet with you soon! I know that I can help you find a solution to your headaches! In my free report, "Defeating Headaches With a Dentist's Help – Understand TMJ/D and How it Can Affect Your Health and Comfort," I mentioned the importance of seeing a dentist, but I also included some at-home techniques that you can try!

Have you had a chance to try some of these techniques? Even if the at-home technique seems to have taken care of the pain, there is still a large risk of damage to your joint. If left untreated, that damage could cause more pain later.

Don't let TMJ/D continue. Contact my office **today** by calling (715) 318-8893 or requesting an appointment at [www.hebertdental.com](http://www.hebertdental.com).

If you are dealing with TMJ pain, I need to see you very soon!

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### **15. Make a List of Questions For Me! I'd Love to Hear Them!**

Hello ~Contact.FirstName~!

You must feel like we are old friends at this point! I've done enough of the talking, and now it's time to hear from you!

You've received a lot of information, and you probably have tons of questions about TMJ/D and how it might be affecting you.

Take some time today to think about all that I've presented to you. After reading my free report, "Defeating Headaches With a Dentist's Help – Understand TMJ/D and How it Can Affect Your Health and Comfort," and following this series of information through your email, you are aware of the basics, but what about the specifics?

What other questions do you have? Make a list today, and then contact my office by calling (715) 318-8893 or requesting an appointment at [www.hebertdental.com](http://www.hebertdental.com). Set up a consultation, and let me help you have a happier, healthier mouth!

I cannot wait to help you very soon!

Dr. Sean Tarpenning  
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## **16. Thanks For Everything, I Hope I Can Help**

Hello for the final time,

You won't be hearing from me again. I just wanted to use this one last opportunity to thank you for requesting my free report, "Defeating Headaches With a Dentist's Help – Understand TMJ/D and How it Can Affect Your Health and Comfort," and to request that you put your smile first.

Don't allow TMJ pain to wreck your life any longer. Find a solution for your headaches and pain right here in my office!

Take another look over all that we've discussed and make the choice today to give me a call.

Contact my office today by calling (715) 318-8893 or requesting an appointment at [www.hebertdental.com](http://www.hebertdental.com).

I can't wait to hear from you!

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