

Bruxism teeth grinding tmj dysfunction

Natural therapy **without drugs** , without a prosthesis , efficient and **zero-cost is possible**.
Very important is the correct position during sleep.

Bruxism is the medical term for the **grinding, gnashing, chafing, rubbing of the teeth**; clenching of the jaw, especially during deep **sleep**. The causes of bruxism are unknown but may be read on the web: "bruxism has two main causes, stress and malocclusion". **THIS IS NOT TRUE**, because the real cause of malaocclusion, bruxism, TMJ and stress is an injury to the jaw due to incorrect positions during the day but especially at night. Gnatologia.it Galiffa's Mandibular Decubitus Syndrome. Bruxism is the violent and noisy rubbing of the lower teeth against the upper teeth lasting a few seconds
Bruxism is one of the most common sleep disorder

Bruxism occurs predominantly during sleep, always and only in those people who sleep lying face downwards on the bed, on their stomach or on their hips, as they weigh heavily with static load on their jaws (**health and sleeping position**) www.galiffa.it

Bruxism is not a movement aimed at one purpose. It is an oral parafunctional activity
Bruxism is an unusual activity that has a simple scientific explanation because it results from a physiological and highly functional activity: [Spontaneous Deglutition or Spontaneous Swallowing](#).
Normally, in the rest position and in the absence of disease, the jaw is centred, balanced and suspended under the skull while muscles are relaxed, balanced and tonic, condyles are symmetrical in their position in articular cavities, teeth are not in contact, and enjoy the Benefits of inactivity . Every 4 minutes during waking, but also during sleep, for life is automatically activated a [Spontaneous Swallowing](#), which is innate reflex , unconscious and unconditional. This precious gift of nature and health can only occur whether the jaw is free to move and make contact with the teeth in the right position, (maximum Intercuspitation occlusion), in anatomical and functional harmony with the other chewing elements. In wrong sleeping position (sleep stomach, face down) the weight of the head pushes the mandibula to lateral occlusion and exerts non-stop compression (for many hours) on the teeth, gum, periodontium and TMJ , therefore obstructing blood circulation and moving the teeth to a lateral bad occlusion position(TMJD). In order to swallowing, masticatory muscles must activate themselves to centre the jaw and then they must bring the teeth from forced lateral malocclusion to centred occlusion (maximum Intercuspitation occlusion), rubbing , grinding teeth between them, **THIS IS THE CAUSE OF NOCTURNAL BRUXISM** and negative trophic action on the gum , periodontium and [TMJ dysfunction](#).
Throughout the night the Neuromuscular component, instead of being relaxed, has pledged to oppose the thrust of the weight that lies heavily on the jaw This is the real reason FOR the BRUXISM is especially active during sleep. The teeth are pushed sideways for hours, months, years move sideways, their movement generates a bad occlusion. [Malocclusion](#), in which the upper and lower teeth occlude in a disharmonic way , through premature contact of back tooth

THE RELATIONSHIP disharmony between the teeth and the imbalance of the jaw can also cause bruxism during the day in an attempt to reposition the teeth. The rubbing causes tooth facet wear but also mobility and [Parodontal disease pyorrhoea](#) .

Compression lasting all night on the teeth, face and mandibular joints, prevents the circulation of blood in all components, in particular in support of the teeth (periodontium). The ischemia and dystrophy, which might ensue cause suffering to all the anatomical components of chewing. The joints , which are under pressure all night , are subject to structural and functional damage , hence they deform. This explains why Bruxism is often associated to limitations, pain, buzzing and crackling, clicks, teeth chafing, gnashing of teeth, teeth grinding and dysfunction of the jaw joint, TMJ, persistent face pimples, headache, migraine, [hum, tinnitus](#), cervical and lumbar pain from postural problems, gingivitis, periodontitis, pyorrhoea. Stress and psychological problems are not the cause but pro-factors.

therapy recommended first degree: correction for ever the decubitus [health and sleeping position](#) for support [Spontaneous Swallowing](#), which is a useful exercise that improves movement and returns, harmonizes, strengthens and stabilizes the teeth in the jaw bones, remodels joints and relocates the jaw. SPONTANEOUS SWALLOWING IS A HEALTHY, BALANCING BIOMECHANISM AND GRADUALLY HAS miraculous LIFE-SAVING EFFECTS IN JUST A FEW MONTHS. In cases of deep bite to accelerate the healing process you can apply an intelligent **SMART BITE** , only during the night. The idea is to keep all back teeth (molars) completely separated, under the theory that most clenching is done on these back teeth. With Smart Bite, the only contact is

between the splint and lower front teeth . This favors the eruption of back teeth and the correction of deep bite