



Taking Control of TMJ: Your Total Wellness Program for Recovering from Temporomandibular Joint Pain, Whiplash, Fibromyalgia, and Related Disorders

Robert Uppgaard

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If you are among the 60 million people in the United States affected by TMJ disorder, then you may know what it's like to have your problem be misdiagnosed or go untreated. Perhaps you've undergone unnecessary and costly treatments to no avail. Dr. Uppgaard's *Total Wellness Program* will help you understand this painful condition, relieve its symptoms, prevent its recurrence, and avoid unnecessary surgery. This comprehensive guide also explores the connection TMJ disorder has to fibromyalgia and whiplash.

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