

GOT HEADACHES... Can They Be Cured?

Written by Dr. Jerry Simon, D.D.S
Dental Expert & Founder of Dental Care Stamford

This article is for you if you answer **YES** to one or more of the following:

- Do you frequently get headaches that interrupt your day?
- Have you been told that your headaches are because of stress or tension?
- Are you experiencing tension or pain in your neck and/or on your face?
- Are you aware you are grinding or clenching your teeth day or night?
- Are you taking pain medication one or more times a week?
- Have you gone to see many doctors for headaches, but treatment has not been successful?

You are not alone! Of the top 7 reasons people visit their MD or go to the emergency room, headaches make the list. In fact, headaches are so common that we even use the word as a descriptive term to explain how annoying something is: “filling out taxes is such a headache!” Unfortunately...Headaches, as common as they are, are rarely cured. Think about it, if you fall and break a bone they put you in a cast, it heals and it is cured. But head, neck or facial pain keeps coming back.

So why are so many headaches persistent and resistant to curing?

One of my mentors used to say that “in order to achieve success in anything, we need to determine the real problem.” If

your road has potholes and you keep getting a flat tire, and all you do is keep fixing the tire you will never cure the problem. The real solution is to fix the road. Headaches are the symptom of an underlying problem and to stop the headaches you need to stop what is really causing them. If you just treat symptoms with drugs that will only mask the pain. You will only mask the pain you will never get a long lasting solution.

Identifying the problem: The source of your pain could be from an uneven bite. Most specialists agree that muscles are the trigger for many headaches. In fact over 65% of ALL head, neck or facial pain is due to overworked head and jaw muscles.

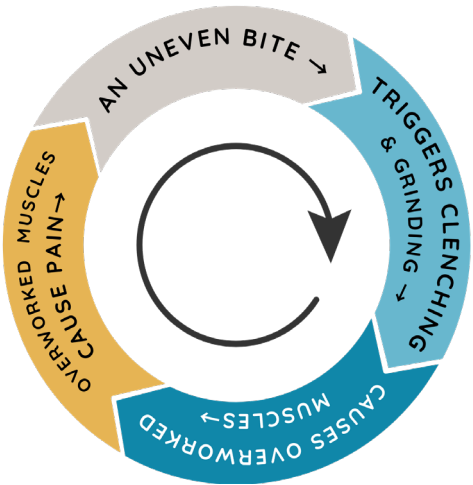
Here are 5 Facts you should know to better understand why headaches reoccur frequently:

1. You cannot swallow unless you get your teeth to mesh together. Swallowing happens thousands of times day and night.
2. Swallowing should only take a couple of muscles, BUT when your teeth don’t fit, it causes dozens of extra muscles to move the jaw so the teeth can fit.
3. Most people start to clench and grind their teeth with an unconscious and well-intended effort to make the teeth fit...not stress.
4. But teeth are hard and cannot self-correct so all it does is wear down or break the teeth and then the overworked muscles can cause even more head, neck and /or facial pain.
5. Stress of any kind makes you more irritable and less tolerant of the uneven bite causing more teeth

clenching or grinding that is already there which leads to more pain.

So it’s a vicious cycle that seems to have no end.

An Uneven bite → triggers clenching/grinding → overworks muscles → overworked muscles causes pain → causes more clenching and grinding → causes more overworked muscles → more pain.



So what can we do about it?

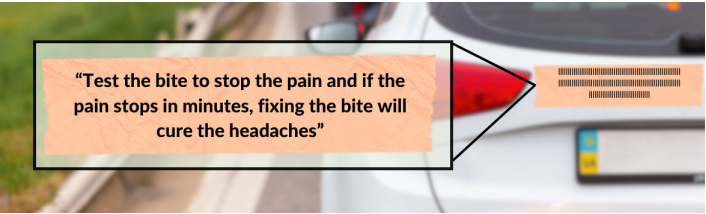
So the solution to this endless cycle would be to correct the bite in order to alleviate the burden on jaw muscles from having to constantly adjust. But First things first, making a correct diagnosis is super important!

Your Headaches are NOT Normal! You may have just been improperly diagnosed.

We have to prove that your bite is the underlying source of blame. Dr. Jerry Simon’s patented and FDA approved Best-Bite Discluder can tell you in minutes whether or not your pain is from an uneven bite. Once an uneven bite is suspected, treatment will be presented based on your unique situation. Treatment will not be presented if the test does not relieve your pain. If you are often experiencing head, neck or facial pain with no real solution then you could be suffering the results



of an uneven bite. **Request a consultation with Dr. Jerry Simon today to get relief. No surgery. No drugs. No more headaches!**



About Dr. Jerry Simon

Dr. Jerry Simon– founder of Dental Care of Stamford– is a world-renowned Dental Expert, specializing in head, jaw, facial and neck pain. He has helped hundreds of thousands of patients get their quality of life back with his treatment during his career. His passions are (1) helping his patients enhance their lives through his work in dentistry and (2) spending quality time with his wife and family.



Dr. Simon built Dental Care of Stamford with the vision to provide a one of a kind dental office that offers his patients exceptional dental care with every dental specialist in one location. He also built Dental Care Kids and Dental Care Orthodontics – a separate space dedicated for just children and teens to build positive and fun dental experiences to reduce fear of the dentist as they become adults. **Learn more about his story, visit DentalCareStamford.com**
Call (203) 945-0919 • drjerrysimon@dentalcarestamford.com

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