

## June 12, 2008

*Does stress have you grinding your teeth? If so, read this...*

Over the past couple of weeks I've seen a lot of people coming in with TMD, or temporo-mandibular disorder, aptly named disorder of the temporo-mandibular joint (TMJ). TMD is characterized by head, jaw, face and/or neck pain. The 2 main causes of TMD are trauma and bruxism. Trauma can be anything from being punched in the face to a car accident (very common). Bruxism, or teeth grinding, is usually a stress problem. If you or a loved one has been having headaches or face/neck pain following some sort of injury or from stress, have them give us a call today!



If someone were to ever ask me what my favorite vitamin was, I would have a hard time answering that question. To me, vitamins are kind of like kids, I don't really have a favorite. Yet if I only had one to choose, it would be magnesium. Often over-looked and under consumed, magnesium rolls with calcium's posse. Everything thing calcium does, it needs magnesium there to help carry it out. Magnesium deficiencies are characterized by muscle spasm, headaches, constipation (more than 48 hours between BM), stress, fatigue, irritability, PMS, cramps, and many more. The best sources for magnesium are kelp and organ meats. The main cause of deficiency, besides not eating enough, is stress, sugar and caffeine consumption. So, if you live in America and don't get your weekly helping of liver and seaweed, you're probably running low on magnesium. Good news for you, we have some of the best bio-available magnesium on the market there and available to you.

**Are you guilty of grinding your teeth?**

**If you or a friend are a grinder, give us a call to schedule a complimentary consultation!**

**443-512-0025**

**Just remember to bring this with you!**

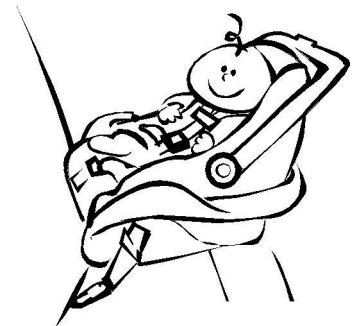
### Car Seat Laws are Changing on June 30, 2008... Do You Know What They Are?

- **Every child** under 8 years old *must* ride in a booster seat or other appropriate child safety seat.\*

Unless the child is 4' 9" or taller, or weighs more than 65 pounds.

- **Every child** from 8 to 16 years old who is not secured in a car seat must be secured in the vehicle's seat belt
- **Every child** *must* remain rear facing until they are one year old AND weigh 20 pounds. It is recommended that the child remain rear facing after their first birthday until they reach the rear facing weight limit of the seat.

If you want to make sure that you're following the laws or see if your child's car seat is safe, give our office a call to set up a FREE check!



If you wish to have your name removed from our mailing list, please let us know. Questions or comments? E-mail us at [office@susquespine.com](mailto:office@susquespine.com) 443-512-0025