

TMJ auto responder series

E-mail number one
send out: immediately

Subject lines:

Use these exercises to cure your TMJ
These exercises can cure TMJ
Want to get rid of TMJ? These exercises help!

Hi [first name]:

Katherine Page from the TMJ Help Program here. Thanks so much for signing up to our list.

While there are traditional treatments for TMJ like drugs and possibly surgery, I'm here to give you helpful and useful information to get you on the road to a cure -- without resorting to expensive doctor's visits and medication. In fact, the cornerstone of this program revolves around two things we all do every day: exercise and breathing.

I think you'll find that the exercises I give you in the TMJ Help Program will become the most important exercises of your life. I don't know about you but when I found I could get rid of the pain -- and keep it from coming back -- without taking a pill, I was thrilled!

There are 32 exercises you can do right now to reduce your TMJ pain significantly. Sound too simple? Well, sometimes the best remedy is the easiest ... and the safest!

To living a pain-free and happy life,

Katherine
TMJ-Help.org

PS: In my next email, I'll let you in on a secret mineral that reduces TMJ inflammation and that means you'll soon be pain free.

E-mail number two
send out: 3 days after first e-mail

Subject lines:

Can this really heal TMJ inflammation?

Try this to heal TMJ inflammation
TMJ inflammation cured with all natural mineral

Hi [first name]:

Katherine Page from the TMJ Help Program here. I just had to get this information out to you as quickly as possible. There's a mineral that we all need every day that reduces TMJ inflammation and gives you almost immediate relief.

I know! It sounds really radical, doesn't it? I mean, how can one little mineral do so much? But when I included this mineral in my diet, my pain eased tremendously. It wasn't so long ago that I was in your shoes, sick and tired of chronic headaches, neck and jaw pain, and even having upset stomachs. If you've experienced any or all of these symptoms I can help you right now.

This magic mineral is magnesium.

And one of the best things about this wonder mineral is that it's very easy to get into your system through vegetables and beans. For instance, soup is a great way to get lots of magnesium into your system -- and it's also great if you're trying to take off a few pounds!

You can also get your magnesium in a supplement form and here's a great tip for doing some double duty: if you regularly take calcium as a supplement, try finding a good combination of calcium, magnesium and vitamin D3. This combination will not only give you the magnesium you need to reduce TMJ inflammation, it also helps absorb the calcium so that your body can process it better.

Hope this helps and look forward to talking with you again soon.

To living a pain-free and happy life,

Katherine
TMJ-Help.org

PS: In our next chat together I will let you in on some easy breathing techniques to eliminate the debilitating headaches caused by TMJ.

E-mail number three
send out: 4 days after e-mail two

Subject lines:

Stop TMJ headaches with a breath

Breathing techniques stop TMJ headaches
Can breathing techniques for TMJ be this powerful?

Hi [first name]:

Katherine Page from the TMJ Help Program here. If you're anything like me, you are suffering from headaches as a result of TMJ pain. Sometimes it was all I could do to get through the day. I just wanted to lie down, put a cold cloth over my eyes, and try to sleep.

I really got some relief when I started doing some breathing exercises. You'll be amazed at how quickly your headaches go away.

On page 23 of the TMJ Help Program, I show you two techniques to stop the headaches. But here's something you can use right away:

This is called "belly breathing" and it takes a little practice. To begin, lay down on your back and place one hand on your belly and one hand on your heart. Breathe regularly for a few breaths. Now, I want you to imagine that you have a balloon at the bottom of your stomach and you have to blow it up really slowly or it will pop.

You want to breathe in through your nose and out through your mouth. This belly breathing is filling up your diaphragm -- an exercise many professional singers do. Breathe in and out slowly. Take six seconds to breathe in and 6 seconds to breathe out.

There's another foolproof breathing technique in my book that you can find on page 25.

See you again soon.

Katherine
TMJ-Help.org

PS: Here's a link to get the ebook right now and work on that second breathing technique: [\[insert link here\]](#). It's a digital download so you'll have the book -- and get out of pain -- immediately.

E-mail number four
send out: five days after e-mail three

Subject lines:

These foods eliminate TMJ pain instantly

Can these foods eliminate TMJ pain?
Avoid these foods and eliminate TMJ pain

Hi [first name]:

Katherine Page from the TMJ Help Program here. Have you ever heard the saying, "You are what you eat"? It's absolutely true and there are many foods that can help soothe your TMJ pain. There are also foods that can aggravate it and I tell you all about them on pages 16 through 21 of the TMJ Help Program ebook.

Here's an example. Remember in e-mail two we talked about the importance of magnesium? Well, there are some foods that inhibit magnesium absorption in your body which can aggravate the symptoms of TMJ. Anything that has caffeine in it -- like soda, coffee, tea, or energy drinks -- can severely restrict your ability to absorb magnesium.

And that means your symptoms could get worse.

On the flip side, there are some really helpful foods that can soothe your TMJ symptoms with a snap of a finger. On page 18 I give you a graph showing the 50 best foods you can eat that are magnesium rich. Some of these include cooked artichoke, any kind of beans, and cooked swiss chard. There's also a very surprising (and sweet!) food that helps ease the pain of TMJ ... but you'll have to check out page 18 to find out what that is.

Look forward to talking with you again soon,

Katherine
TMJ-Help.org

PS: Next time, I'll give you an easy treatment to eliminate the surface symptoms of TMJ in two minutes flat.

E-mail number five
send out: six days after e-mail four

Subject lines:

Relieve TMJ pain in two minutes
Can two minutes relieve TMJ pain?
Here's your TMJ two-minute warning

Hi [first name]:

Katherine Page from the TMJ Help Program here. Would it surprise you to find out that there is a quick and easy treatment for the surface symptoms of TMJ that works almost like magic?

This instant relief is found in something so simple that you do it every single day without fail. It's breathing.

You know what it's like when your shoulders are tight, your jaw hurts, and your neck muscles feel like two steel rods. Sometimes all you want is for someone to rub your shoulders and neck so you can relax.

I know exactly how you feel because I used to suffer from the same pain you do. I'm so sorry if you're still going through it but I can help you. It has to do with relaxing the muscles in your jaw, mouth, neck and shoulders by doing some deep breathing.

Let's give this try: sit somewhere comfortable, close your eyes, breathe in through your nose and expand your belly, and exhale through your mouth. Do this for 10 seconds and you should start to feel your shoulders, mouth and jaw relax. Sometimes you'll get a cool sensation in the top of your shoulders – that's circulation returning to that area.

While you sit and relax I'm going to sneak out the door. I'll see you next time.

Katherine
TMJ-Help.org

E-mail number six
send out: one week after e-mail number five

Subject lines:

Is this one thing still causing you TMJ pain?
Use this to help cure your TMJ pain
This is one time you don't want to keep up with the Joneses

Hi [first name]:

Katherine Page from the TMJ Help Program here. You know, it really helped a lot when I found out that I wasn't alone; that there were others out there going through the same TMJ pain. The problem, though, is that we're all making the same mistakes.

Yes, mistakes. But let's look at these as mis-takes and do things differently to cure your TMJ pain.

Now, there may be many of you who believe that drugs and surgery are the answer for you. I understand that because I was once where you are.

But the answer doesn't lie in dangerous drugs nor does it exist on the surgeon's table. The problem with prescription medication is that it destroys helpful organisms in your body and takes away all of your natural toxin fighters. While your doctor may prescribe medication, there is no scientific evidence to prove what causes TMJ. And the more medication you put in your body, the less able your body is to relax and improve.

Natural solutions -- like the ones I recommend in the TMJ Help Program ebook -- are safer and don't destroy your body's natural defenses.

You can take back the power from your doctor. Sometimes the best solution for a problem is the simplest.

To a pain-free and happier existence,

Katherine
TMJ-Help.org

PS: For more information on safe, natural remedies for TMJ, go here: [\[insert link here\]](#)

E-mail number seven
send out: five days after e-mail six

Subject lines:

Simple exercises erase TMJ pain
Can these simple exercises erase TMJ pain?
Exercising this part of your mouth makes TMJ pain vanish

Hi [first name]:

Katherine Page from the TMJ Help Program here. There are some really easy exercises using two parts of your mouth that will provide you with incredible relief from TMJ pain. And the first exercise is something you can do anywhere.

My e-book comes packed with easy to do exercises that can give you instant relief from the symptoms of TMJ. These work even if your jaw has been dislocated, it snaps and pops without warning when you're eating, or even if it gets stuck open.

And don't worry -- there are photos in the book to you how to do these exercises.

OK, I promised that I would tell you what part of the mouth you need to exercise in order to get rid of your TMJ pain. Naturally, you need to exercise your jaw but this part of your mouth is a really important element in curing your pain. What is it? It's your tongue!

I have two main exercises that will help you strengthen your tongue and get precious relief on pages 54 through 58.

Look forward to chatting again soon,

Katherine
TMJ-Help.org

PS: Are you interested in getting started on your new pain-free life right away? Just click this link: [\[insert link here\]](#) You can download the book at 2 AM and never have to pay shipping!

E-mail number eight
send out: three days after e-mail seven

Subject lines:

You can prevent a recurrence of TMJ
These three natural solutions prevent relapse of TMJ pain
Throw out TMJ drugs and get relief naturally

Hi [first name]:

Katherine Page from the TMJ Help Program here. When I was doing the research for this program -- including information from my own issues with TMJ -- I realized how many times doctors were quick to prescribe medication rather than try to find the reason why TMJ was occurring.

There are three things that we work on in the TMJ Help Program:

- Diet
- Body position
- Stress and negativity

Repairing and reforming those three things will make a world of difference to you. As you've seen in prior e-mails, there are foods that trigger symptoms and foods that ease them.

Body posture is also extremely important in decreasing TMJ symptoms. Working on your body posture will help get your joints into the right position.

And stress? Boy, stress can be a killer. I have some great relaxation techniques to help relieve you of any pent-up stress and negativity. We've already covered some breathing techniques but when we combine them with body exercises, you'll have a winning combination when it comes to being able to control your TMJ pain.

In the next e-mail I'll give you some information that leads to the most potent and controversial method of rebuilding and rejuvenating your jaw, tongue, and neck. In fact, this method is really important for preventing TMJ pain.

Katherine
TMJ-Help.org

E-mail number nine
send out: six days after eight

Subject lines:

Tired of putting a Band-Aid over your TMJ pain?
TMJ pain symptoms vanish with this
Get rid of TMJ pain once and for all

Hi [first name]:

Katherine Page from the TMJ Help Program here.

I spent years -- literally -- suffering from the effects of TMJ pain. Not so long ago, I was on that nasty roller coaster ride of doctor's appointments and filling prescriptions.

You know what I found out? I learned that all of the doctors visits and medication was just temporarily treating symptoms. My pain might go away for a while but always came back and sometimes even worse than before.

I've heard about people who have had numbness in their fingers, ringing in their ears, and headaches like someone was striking them with an ice pick. I just don't want you to go through that anymore.

After doing a lot of research I found that there are ways to cure the symptoms of TMJ. The answer lies in eliminating the root cause of your TMJ, not merely treating its symptoms.

It's time to make sure that TMJ does not run your life. Are you ready? Here's your solution:

[\[Insert link here\]](#)

Hope this helps,

Katherine
TMJ-Help.org

E-mail number 10
send out: four days after e-mail nine

Subject lines:

You can eliminate TMJ pain naturally
Eliminate TMJ pain without drugs
Give the boot to TMJ pain quickly and easily

Hi [first name]:

Katherine Page from the TMJ Help Program here. I hope this e-mail series has given you some interesting ideas as an alternative to the traditional TMJ remedies of doctors visits and prescription medication.

Once I found the answers to relieving the pain of TMJ naturally, it was like tumblers falling together in a lock. Suddenly I had tools to work with that didn't involve taking another drug, having it work for a while, but then having my symptoms return.

The point of the TMJ Help Program is to give you tools you can use today to help eliminate the debilitating pain as well as learn how to stop it in its tracks. This program is not meant to mask symptoms. It is meant to empower you so that you can take back your life, find the root cause of the pain, and get rid of it. Once and for all.

I'd love to hear from you and I know you will be on your way to a new, pain-free life.

Warm wishes,

Katherine
TMJ-Help/org

PS: If you're ready to get rid of the pain and reclaim your life, click here: [insert link here](#) This downloadable program comes with a 71-page handbook and 3 bonuses on sale for just \$49. You can get out of pain for less than the cost of a month of cell phone service!