

# TEETH GRINDING (BRUXISM)

Bruxism is the involuntary grinding or clenching of teeth, occurring either during sleep or while awake.

## POSSIBLE CONTRIBUTING FACTORS



- Emotional/psychological stress (increased cortisol)
- Parasites (check if eosinophils > 3%)
- Primary misalignment of the jaw or misalignment secondary to TMJ dysfunction and/or spinal subluxation
- Airway issues / mouth breathing (i.e. rule out tongue ties, low tongue posture, narrow palate)
- Nutrient insufficiencies: magnesium, vitamin D, omega-3 fatty acids, and to a lesser degree, iron
- Food and environmental allergies
- Certain medications: SSRI, SNRI, anticonvulsants, dopamine antagonists, etc

## LIFESTYLE & DIETARY RECOMMENDATIONS



- Consult with a biological dentist; consider professional-grade mouthguard while addressing root cause
- Consult with a Myofunctional Therapist for an airway/tongue tie evaluation and training exercises for the face, tongue and mouth
- Consult with a chiropractor or osteopath for postural assessment
- Request a food and allergy test; avoid any known allergies/sensitivities
- Consider a sleep study if you mouth breathe; consider mouth taping during sleep for triage support
- Consider acupuncture sessions for pain relief
- Consider B Better's Parasite Cleanse Program
- Consider an elimination diet for 30 days followed by a re-introduction of common food sensitivities like yeast, eggs, grains, soy, corn, peas, nuts
- Avoid alcohol, smoking & caffeine as they can worsen bruxism
- Eliminate processed & refined foods, fried foods, and hydrogenated fats/oils
- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Stress reduction measures: daily grounding, spend more time in nature, gratitude journaling, meditate, deep nasal breathing, delegate tasks, say 'no' more often, Epsom salt baths
- Prioritize sleep hygiene

## SUPPLEMENT CONSIDERATIONS



- Taurine (1000mg on empty stomach before bed)
- Magnesium glycinate (test RBC Magnesium)
- Omega-3
- Vitamin D3/K2 (if needed)
- Adrenal glandular or calming adrenal adaptogens: ashwaghandha, holy basil, rhodiola, magnolia