







# Do You Grind Your Teeth At Night? Maybe Your Tongue Is The Problem.aa

I think that movement work can be a lot like detective work.

As you explore different movements and alignments, your body responds. Then we use your responses as information to shape our next steps. Over time, we build up a map exactly like one of those detective maps with pins in it everywhere a crime was committed. Once we see the pattern, we're able to make more effective changes.

What do the pins show? Could be a spot where you often feel discomfort. Or a spot where you move very easily, or not at all. Maybe a flash of insight into a behaviour pattern, such as sucking in your belly when you're nervous. Taken all together, they let us make an informed hypothesis about what might help you get better faster.

I recently had a giant "A-Ha" moment, where a whole lot of evidence suddenly coalesced into a cohesive narrative that explains a lot about my body and my health. It's kind of rocked my world a bit. Ok, a lot. Here's what happened.

## My TMJD (Jaw) Issues

See, I have a set of symptoms usually referred to as "TMJD" (temporo-mandibular joint disorder, aka jaw issues). My jaw clicks when I eat, I grind my teeth, and I have a lot of tension in my neck, shoulders and cranial muscles. It's totally not awesome, and it's one of the first things I started out trying to fix when I began my health journey. I've seen many dental (and other!) professionals in this process, and never had any noticeable changes in my jaw. I recently decided I needed to try a new dentist, and that's when things got crazy.

The new dentist – we'll call her Dr. G. – is known for her work in TMJD and I was pretty excited to go to my consult because I had a feeling it would be eye-opening.

## TMJD Can Be Related To A Tongue-Tie

Her dental hygienist took one look at me and then made my head explode.

"You have a tongue-tie," she said. "There's your problem right there".

"Ummmurghghgh," I said.

After I spat, she explained that a tongue-tie is the term used when you have a bit too much of a connection between your tongue and the bottom of your mouth.

The problem with a tongue-tie is that it affects how your tongue works, which means that it messes up your swallowing mechanics (among other things). You may never have considered your swallowing mechanics before – I certainly had not. But of course, we swallow many, many times a day. The combined force of all that swallowing is not minor! And when your swallowing mechanics are off, it can have a big impact on your health.

## Here's What Can Happen When You Have A Tongue-Tie

Your jaw muscles tighten to compensate for the loss of the normal healthy support your tongue

