

# Anti Bruxism Mp3

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Relax your jaw during the day and at night to ensure a calm night's sleep leaving you free to awake in the morning feeling comfortable and well-rested. Anyone who clenches or grinds their teeth knows the discomfort, physical and dental complications, sometimes serious, that can arise from this unfortunate condition. Not to mention the cost of going to the dentists. Waking up in the morning without your jaw feeling tight and your teeth aching is such a relief! One client stated she couldn't believe the difference in her mood and sense of well being when she awoke the day after listening to this with a relaxed feeling in her face. She'd had the best night's sleep in months! She found the best time to listen to this MP3 was just as she was drifting off to sleep. Simply listening to this recording a few times a week while relaxing, will allow the positive suggestion to flow into your subconscious mind, to assist you in relaxing your jaw during the day and at night, to ensure a calm night's sleep leaving you free to awake in the morning feeling comfortable and well rested. Advice: place the tip of your tongue to the back of your top row of teeth and imagine all the little muscles in your jaw line unwinding and letting go. Practice this a dozen times a day. It's only a small change that is needed to make a big difference. Every recording is made to a high standard using professional sound equipment. The voice you will hear is that of hypnotherapist Christine Hines, who is also trained in classical voice production. The music we use on each recording is especially scripted at 60 beats per minutes to ensure deep relaxation. This will generate what is commonly referred to as the 'Mozart effect' of easy focus and complete calm. Please do not listen to the MP3 while driving or operating heavy machinery.

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