



Here are the **TOP TEN** clues that your dental professionals look for:

- Flattened canine teeth
- Abfraction micro-cracks
- Popping, clicking, pain in the (jaw joint) TMJ
- Frequent headaches, migraines
- Chipped, worn incisal edges
- Worn cusp tips
- Isolated bone loss
- Cracked teeth
- Broken fillings/restorations
- **YOU, the patient, report stress, grinding, clenching**



**GrindRelief<sup>N</sup>**

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US Patent No. 7.607,436 & 8,186,356  
Made in the USA

# Do you suffer aches & pains from clenching & grinding your teeth?

*According to the American Dental Association, 95% of people will suffer at some time in their life.*



# It's called Bruxism. It's not your fault!



## Stress is “the killer”

**Clenching and grinding of teeth are at an all - time high in these extremely stressful times.**

General and specific anxiety, tension and fears do not just disappear when sleeping. While some people grind and clench their teeth during the day, MOST do this at night- in their sleep- and are unaware that they do it; except for the pain they suffer.

In short, as the jaw muscles contract on the front, the shoulder neck and head muscles reflexively contract on the back. Hence, the connection - the mystery - is explained! One thing is certain; once the clenching and grinding is treated with a proper appliance, the jaw, shoulder, neck and headache pain can dissipate!

**Designed and patented by a dentist who suffered from Bruxism himself, GrindReliefN is a two-part thermoplastic device that provides the perfect answer to help reduce muscle hyper-activity, and prevent you from grinding your own teeth!**

**Left untreated,** Bruxism can lead to a variety of serious conditions, some of which can be repaired with extensive dental work and some changes are permanent:

- Wear and fracture of teeth
- Notching or chipping at the gum-line
- Sensitivity & root canals on virgin teeth
- Bone loss under the gum-line



With GrindReliefN, as the person tries to clench or grind, the pressure is put on a front **Central Power Bar**. This Power Bar creates pressure on the upper and lower mid-line at the same time to prevent the back (clenching) teeth from coming together.

This doubles the beneficial mechanism of action of the other, more expensive devices.

## There is a solution: **GrindRelief<sup>N</sup>**



This thermoplastic device can be fitted onto the upper or lower teeth. It only covers the front 6 to 8 teeth, so it is comfortable to wear, and is neutral in color.

GrindReliefN can be provided by this dental office. It is custom-fitted to your teeth by the dentist or auxiliary personnel in a few minutes. It requires only one visit, and is more effective and less expensive than other appliances from the dental laboratory. Your dental Insurance may cover this device and the fitting.

### **Additional GrindReliefN features:**

- Can be re-fitted by yourself, if needed
- FDA-Cleared
- Provided with hygienic storage/travel box
- Three-year wear-through warranty

