



I'm not a robot

































Help your TMJ by strengthening muscles that open the jaw, Part 2: Do NOT massage your jaw if it feels stiff, do this instead! Time to take care of your TMJ with little to no risk of a flare up. This is a great video for those of you who have myofascial trigger points ... Want the FULL step-by-step training? Get instant access here: This YouTube video is only a preview. Reach out today to book your visit: If you are not yet familiar with our completely free weekly facial Next I'm going to show you how to do a self ... floor of the mouth start by sticking your tongue straight out grabbing on with Don't Forget to ! ----- WEBSITE: ----- Other Socials: :Â ... Hello Friends! In this video, I review how to release the