

Revealed At Last  
**The Secrets Of How To  
Instantly ...**

# **“Stop The Progressive Horrors That Nighttime Teeth Grinding Causes”**



This Powerfully Effective Book  
Is Written By A  
Top Nationally Recognized  
Medical Doctor  
**With over 14 years experience**

**Nighttime teeth grinding and clenching**

is called **Bruxism**.

## “BRUXISM”

Can Be The Most Devastating,  
Most Painful,  
Most Life Changing,  
And most expensive  
7 letter word in the English Language.

The Bad News Is That...  
If left unchecked...  
Bruxism can destroy your teeth,  
your jaw... And the entire quality of your life.

The Good News Is That...

This book is

**GUARANTEED**

To help you stop your  
Nighttime Teeth Grinding  
**OR YOUR MONEY BACK**



**D**ear Friend,

I have some very important questions for you.

Think carefully as you answer...

When you wake up in the morning,  
do you, or a loved one, have  
**ANY**  
of these quickly escalating symptoms:



Painful teeth



You lower jaw hurts



You feel pain around the upper jaw  
below the temples while eating



Irritated cartilage around the joints of  
the upper and/or lower jaws



Dull headaches



Sore and tired facial muscles



Facial pain usually centered around the jaw



Contractions in the jaw muscles



Your teeth are sensitive to cold and citrus



Ear aches



Loosened teeth



Fractured teeth and fillings



Biting surfaces of teeth that are worn down, flattened



Unexplained chips on your teeth



Structural stress to the tissues and roots of the teeth



Is the quality of your sleep affected?



Do you constantly wake up during the night?



Have your bed partners or roommates complained that you have been loud and disruptive while you slept?



Do they complain of your severe, or loud, teeth grinding while you sleep?

If you answered "YES"  
to ANY of these questions...

**YOU ARE LITERALLY  
GRINDING YOUR**

# TEETH AWAY

IT IS EXTREMELY URGENT...  
THAT YOU QUICKLY READ  
THE AMAZING EBOOK CALLED,  
"The Truth About Bruxism."  
RIGHT NOW!!  
BEFORE ANOTHER  
"TOOTH GRINDING NIGHT"  
GOES BY.



This powerful eBook  
was co authored by



**Dr. Christine Traxler MD**  
An MD with over 14 years experience

And



**Liam Padden**  
(a former sufferer of Bruxism)

Which means that in this book you get the best of both worlds. The perspective, research and advice from both a highly qualified and respected doctor; as well a former sufferer who used the information in this eBook to cure his condition.

Where else will you get this combination of information and practical advice on how to stop your tooth clenching and grinding? No fluff, no gimmicks. Just the real answers you want to know.

This eBook worked wonders for me, and it can work for you too.

**I am a former sufferer and my story follows. It all started when I got a small toothache. Naturally worried, I visited the dentist. Like a lot of people, I hate the dentist and had not been to one for over 2 years. The dentist had good news for me, and bad news.**

**The good news : My toothache would be cleared up in just a couple of days with antibiotics.**

**The bad news : Through tooth grinding, I had broken one of my teeth.**

**In my dentists words it was a 'miracle' I hadn't suffered excruciating pain. What's more, the tooth was a 'time-bomb' and I could be in agony at any moment.**

**I had three options :**

**1. Do nothing and hope (pray) it would be ok (not really an option).**

**Cost - \$0 (for now)**

**2. Get my tooth pulled. Now the tooth was over 1cm (half an inch) long - besides, it was a part of my body, a part of my head. Something I really wanted to keep rather than have torn out.**

**Cost - \$500.**

**3. A triple root canal. Several dental visits over several weeks.**

**Cost - Over \$2000.**

**I hate the dentist – I didn't want to spend the time and pain of all those dental visits. But taking the long term view that I wanted to be as healthy as possible I 'bit the bullet' so to speak and chose the root canal surgery. So I got the surgery. Several weeks and thousands of dollars later I had the surgery relieved that would be the end of things and happy to chew normally again... But I was wrong.**

**Within 3 days, I noticed the new filling in my tooth had come loose. Panicked, I raced back to my dentist. Guess what? With my teeth still grinding, I had re-broken my tooth and it was 'unrecoverable'.**

**That same day, I lay in the dentists chair yet again as my tooth was finally pulled. Another \$500, not to mention the pain and the loss of my tooth.**

**That night, as I lay in bed in pain, I decided to do something about my tooth grinding. I decided to get all the facts and work out how to eliminate tooth grinding from my life.**

**This book, researched and written by myself and the terrific Dr. Christine Traxler MD, is the result.**

**Now you CAN do something about it, and there is a lot you can do, and it's easy to do. So be optimistic, be confident, take action and your life will never be the same again.**

**In less than two months, my tooth grinding cost me : 6**

*visits to the Dentist, a LOT of pain, discomfort, worry and over \$3000. And I still lost my tooth.*

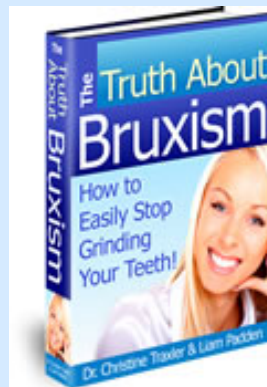
**The worst part was I could have  
EASILY avoided all of the pain and  
expense**

***Are you finally ready  
to put a total end  
to your night time  
teeth grinding  
right now?***

**STOP THE ONGOING DAMAGE  
RIGHT NOW**

**WHAT'S IN THIS POWERFUL BOOK?**

***“The Truth About Bruxism”:***



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**Introduction**

**Chapter 1 - What is Bruxism?**

**Chapter 2 - What Causes Bruxism?**

**Chapter 3 - Signs and Symptoms of Bruxism**

**Chapter 4 - Diagnosing Bruxism –  
The 12 Signs**

**Chapter 5 - What You Can Do About It –  
The Treatment of Bruxism**

**Chapter 6 - Medical Research on Bruxism**

**Chapter 7 - Living With Bruxism –  
More You Can Do**

**Chapter 8 - Life After Bruxism**




- Why there is no 'one size fits all' solution to Teeth Grinding (page 33)
- The 12 simple ways to diagnose whether or not you have Bruxism (begins on Page 14).  
In simple question format, these questions will help you easily determine whether you are a sufferer.
- The little-known way to eliminate Bruxism with just one simple lifestyle change
- 7 Easy to read case studies of Bruxism sufferers and how they treated their condition.  
These case studies are easy to understand and are spread throughout the book. Which means you get 7 more easy to understand perspectives on how to rid yourself of Bruxism

- The 18 most common causes of Bruxism.  
Which means you can understand better why you clench your teeth and more importantly how to stop it. (begins on Page 9).
- Children and Bruxism. How often Bruxism occurs in Children, which Children are more susceptible and what to do next. (pages 8, 19, 30, 31 )
- The damage Bruxism can cause and how to avoid it (page 12)
- 16 Different ways to treat Bruxism, and how each one works (most are very simple)  
Which means you can simply choose the treatment which makes sense for you (Chapter 5).
- Your lifestyle, Does it contribute to Bruxism? If so how? Which means you know what simple lifestyle changes you may need to make. How your subconscious behaviour and psychology can contribute to Teeth grinding. And what you can do about it
- Bite strips, Do you need one? (Page 16.)
- Mouth guards, Should you use one ? (Page 19.)
- Groaning, Sleep Arousal, Are they linked to Bruxism? (Page 32)
- 14 Easy to understand insights into Bruxism.  
Taken from medical research into Bruxism as recently as January 2008, these insights give you even more easy to understand information. Which means you can better understand and therefore treat your condition
- What Treatments Cure Bruxism, Which Ones Just Minimize It, and Which One Just Minimizes damage to Your Teeth.  
It's vital you know these secrets, otherwise you could just be wasting your time (Chapter 8)
- The 5 Easy To Do, Simple Yet Crucial Steps You Need to Take .

Great News! Follow these, and it's likely Bruxism will no longer be a problem in your life. Ignore them and it's unlikely you will ever be free (Chapter 7)

YOU'RE NOT ALONE  
Teeth Grinding (Bruxism)  
is a condition that affects 10% of the population.



THIS EBOOK GIVES YOU  
the information you need to diagnose,  
to treat the problem successfully yourself...

-  1 a complete understanding of the condition
-  2 foolproof methods of how to diagnose
-  3 all 16 methods of how to treat the condition

This book shows you how to choose the treatment that is right for you.

**Price for this eBook**  
***"The truth About Bruxism"***  
Is Only  
**\$37.00**

# BUT WAIT THERE'S SO MUCH MORE

 <b>Bonus One</b>	<p><b>"47 Tips to Get a Great Nights Sleep"</b></p> <p>This amazing bonus is all about getting a wonderful nights sleep. Sleep is so crucial to all of us, so we all need to be experts on our own sleep don't you think? A \$47 value but free with this ebook</p> <p>You'll discover:</p> <ul style="list-style-type: none"><li>• How to Sleep through the night without interruption</li><li>• <b>How to</b> Fall asleep easily and quickly</li><li>• How to Wake up refreshed, alert and feeling incredible</li></ul>	<p>A \$47 VALUE</p>
 <b>Bonus Two</b>	<p><b>"Eliminate Stress and Anxiety From Your Life"</b></p> <p>With this bonus you'll know the essentials about The Easy ways to eliminate stress and anxiety from your life.</p> <p>Here's what is revealed:</p> <ul style="list-style-type: none"><li>• How to Avoid Stress 'Triggers'</li><li>• <b>How to</b> go from 'Way Stressed' to Totally Relaxed</li><li>• How to Live your life Free of Worry and Anxiety</li></ul>	<p>A \$37 VALUE</p>
	<p><b>"Take Control of</b></p>	

 **Bonus Three**

**Your Life - The Complete Guide to Managing Work and Family"**

Here's a short list of what this amazing bonus contains:

- How to create a more harmonious and happy family life.
- **How to** get more done - **in less time!**

How to do all those things you've always wanted to do - but never found room for in your life

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VALUE

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PLUS ALL THE BONUSES WITH IT

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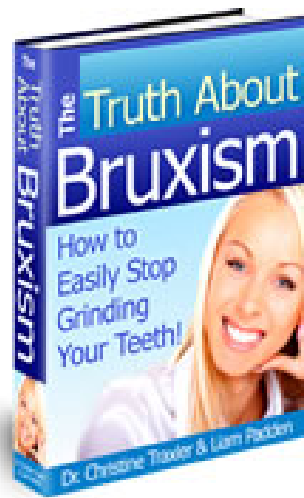
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something else, and forget

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Regards,

Liam Padden

**P.S. - Remember, the lowest ever price of \$27** is only a special promotional price. Literally at any time, and without any notice, after the next 99 purchases... I am raising the price of this full program back to it's actual value amount of \$158 So **hurry now** before the price goes up!

**Get in NOW before the price skyrockets to \$158 real soon!**

**P.P.S.** Remember, **all the risk is on me**. I want you to kick the tires on this eBook and use my Bruxism solutions for a full 2 months. **If you don't start seeing serious results within that time, I don't want your money and, you'll get every penny back!... plus you can keep all of the bonuses as my gift to you.** If you change your mind and for some crazy reason you feel that this is not for you, simply email us for a refund and we will refund you within minutes. **You have nothing to lose,**

**all of the risk is on us - so download now.**

**P.P.P.S.** You've never been handed tooth grinding relief like this on a **silver platter** before. **You don't even have to think about it... just follow the proven program**

**P.P.P.P.S. Let's recap. You'll receive:**

- *The eBook - "The Truth About Bruxism" (A \$37Value!)*
- *The eBook - "47 Tips to Get a Great Nights Sleep" (A \$47 Value!)*
- *The eBook – "Eliminate Stress and Anxiety From Your Life" (A \$37 Value!)*
- *The eBook – Your Life - The Complete Guide to Managing Work and Family" (A \$37 Value!)*

**That's a total value of \$158**

**Yours for only \$27**

**A special P.S. for the people who always "day dream" about**

**FINALLY STOPPING GRINDING THEIR TEETH...  
but never seem to take any serious action**

**You have no valid reason not to try this. Won't it be nice to live your life without all of those problems?**

**"I'm too busy"** (Too busy doing what? Waiting for all of your teeth to fall out?)

**"It won't work for me"** (That little voice inside your head is the very thing you must defeat to beat this grinding problem. It's what's holding you back. Give yourself the benefit of the doubt, **because I'm taking all of the risk here.** You might just surprise yourself.)