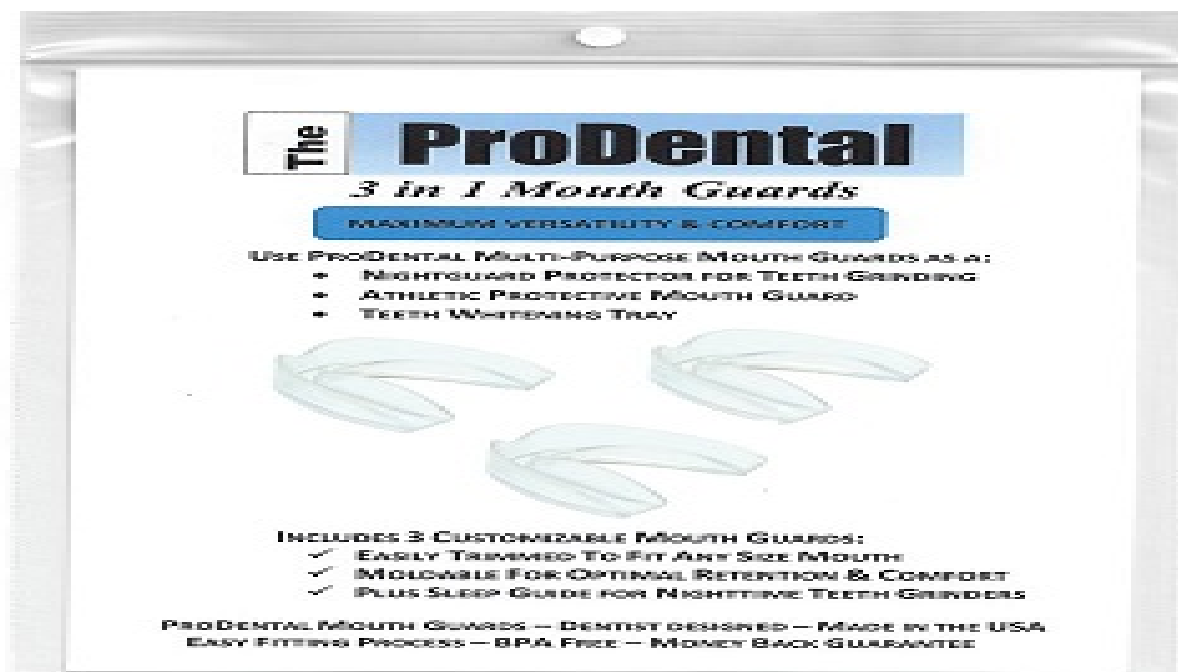




Top Three Ways To Treat Teeth Grinding Using Night Guard

December 11, 2015

December 11, 2015 - PRESSADVANTAGE -

Kansas, MO - Colgate.com, a leader in the toothpaste industry, posted on their blog, the top three ways to treat Bruxism, also known as teeth grinding. The three highlighted solutions were to talk to your dentist about jaw alignment, get a mouth guard and to let go of negative stress.

The article goes on to state that "stress, anxiety, smoking, heavy alcohol, caffeine, depression and sleep disorders are all possible causes of teeth grinding according to the Bruxism Association".

The Bruxism Association also explains that the most common symptom of teeth grinding is a headache. Other symptoms may include muscle aches, enlargement of facial muscles, discomfort of the jaw and stiffness in one's neck or shoulders.

Sufferers of bruxism may experience eroded enamel, making teeth vulnerable to tooth sensitivity. Although Colgate offers special toothpaste for sensitive teeth, they hope to educate readers so that their teeth do not become eroded.

One of the easiest solutions recommended by the article to eliminate Bruxism is the use of a mouth guard, also known as a night guard that is specifically used to prevent teeth grinding. When purchasing a night guard for teeth grinding, it is important to get one that can be molded for your specific teeth. Preferably, a mouth guard that is dentist designed and BPA free.

ProDental, a top Amazon retailer, offers a 3-1, dentist designed night guard for teeth grinding that is BPA Free and Made in the USA. ProDental's night guard comes in a pack of three that can be molded with warm water to create a perfect fit for the end user.

?I use to wake up with sore jaw and headache every morning. I realized I was grinding my teeth at night. I got the ProDental night guards, molded them, and use them every night. No more headaches. Pretty simple to use and works really well,? Said Mark, a happy customer.

ProDental's highly rated night guard for teeth grinding can be found exclusively on Amazon.com.

###

For more information about MKC Products, contact the company here:MKC ProductsMKC Products8166514567info@mkcproducts.com627 E. 46th St.Kansas, MO United States 64110

MKC Products

MKC Products is a company based in Kansas City, MO USA and starting to make a name on Amazon.com because of their quality service of their happy satisfied customers.

Website: <http://www.mkcproducts.com>

Email: info@mkcproducts.com

Phone: 8166514567

Powered by PressAdvantage.com