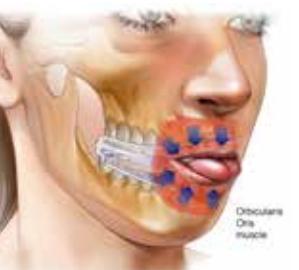


Accelerator Exercises

If you would like to take your MOJO Appliance usage to the next level and speed up the process of repair and integration simply use the following exercises 3-4 times throughout the day.

1) Squeeze-Release

With your MOJO Appliance in the mouth firmly push as much of your tongue as is reasonably comfortable through the tongue hole and keep it in this position. Now using your lips (Orbicularis Oris muscle) firmly squeeze and compress your tongue and release.



Repeat this up to 5-10 times in a quick 'squeeze-release' succession. Retract your tongue and bring your lips together again and as you do so now gently compress and release the spring cushion (at the back of your MOJO Appliance) with your back molar teeth.

Repeat this up to 5-10 times in a quick 'compress-release' succession.

Now go back to the beginning and start again repeating the whole sequence for a total exercise period 3-5 minutes.

Performing this simple additional exercise 3-4 times throughout the day will not only accelerate repair of your TMJ and improve any related symptoms but over time (at least a month) you will notice a definite positive change in the tone of your facial muscles whereby sagging and



hanging will be noticeably reduced while tone and colour are enhanced.

2) TMJ & ATLAS Tongue Exercises

Insert your MOJO Appliance and perform the following exercise for the TMJ and Atlas.

Poke out your tongue and 'firmly push' it towards the tip of your nose then quickly 'firmly push' it to the right then quickly 'firmly push' towards the chin and finally 'firmly push' it to the left. In effect up, right, down, left.

This whole sequence should take no longer than 5 seconds and should be repeated up to 10 times.



Once completed perform it all again going in the opposite direction (up-left-down-right)



Adjusting the MOJO Appliance

The MOJO Appliance is a universal appliance designed for long periods of usage within all adult mouths and significant care has been given to maximizing comfort for all oral variations.

However should any part of the appliance cause discomfort it may be simply removed with a sharp knife or pair of scissors.

Note: The MOJO Appliance is made from non-toxic, hypo-allergenic silicon suitable for long term intra-oral usage.

Cleaning the MOJO Appliance

Simply rinse your MOJO Appliance under warm or hot water every time you discontinue usage and place it back into its protective container.

Additionally when you brush your teeth morning and night think of your MOJO Appliance too. A quick brush with toothpaste once in a while will ensure maximum freshness.

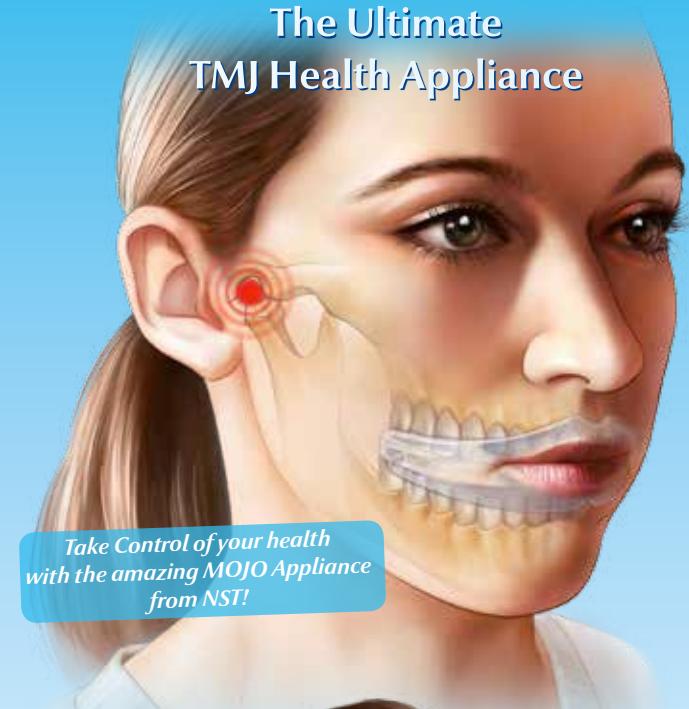
Other Usage Tips

Use your MOJO Appliance when driving in your motor vehicle for long periods of time. It will help to prevent, neck and back pain, while enhancing eye integration and reducing tiredness. Ideal for taxi and truck drivers!

Good luck with your MOJO Appliance and remember when it comes to taking back control of your health...

... Get your MOJO working!

The Ultimate TMJ Health Appliance



www.nsthealth.com



Eliminate the persistent symptoms of Jaw, Ear and Facial Pain, Headaches, Neck and Shoulder Pain, Spinal Conditions, RSI, Snoring and more with the amazing MOJO Appliance!

MOJO

The Ultimate TMJ Health Appliance

About the MOJO Appliance

The MOJO Appliance is a universal intra-oral appliance designed to assist in the elimination of TMD (temporomandibular joint disorder) or TMJ syndrome, its various related symptoms and to ultimately accelerate TMJ regeneration.



The MOJO Appliance has also been designed to improve postural and spinal alignment as they relate to the TMJ & Atlas thereby assisting in the elimination of related symptoms such as head, neck, back and various joint and pain conditions.

Furthermore the MOJO Appliance has been found to be of significant assistance in reducing or eliminating health symptoms relating to:

Bruxism, snoring, mouth breathing, asthma, sinusitis, tinnitus, digestion, concentration, vision, depression and muscle tension.

Importantly the MOJO Appliance will quickly enable the muscles and nerves of the face, neck, shoulders and TMJ to resume optimal function after dental, chiropractic and osteopathic treatment ensuring an optimal therapeutic outcome for patient and doctor alike.

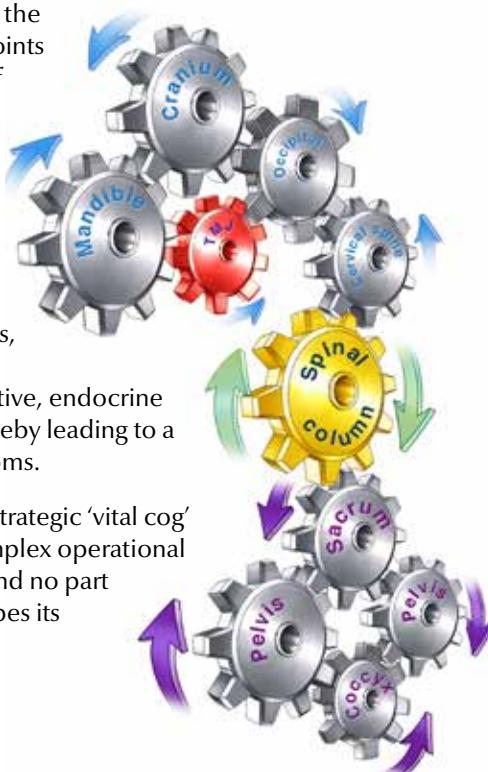
What does MOJO mean?

MOJO is an acronym for Mandibular Orbicularis Joint Optimizer and describes the functional objectives of the MOJO Appliance which is to optimize the positioning of the Mandible (jaw) and its joint (TMJ) with assistance of the Orbicularis Oris (mouth) muscle.

Optimizing the positioning of the TMJ creates a context for self-repair and ongoing optimal TMJ function.

The TMJ is one of the most important joints in the body and if dysfunctional or damaged can have dramatic consequences for many of the body's major systems: muscular, nervous, cardiovascular, respiratory, digestive, endocrine and immune thereby leading to a myriad of symptoms.

The TMJ is like a strategic 'vital cog' in the body's complex operational system of gears and no part of the body escapes its influence.



How does the MOJO Appliance work?

Once MOJO has been positioned into the mouth with the lips closed neatly around it, the TMJ is instantly 'decompressed' while the mandible is 'repositioned' slightly forwards.



With pressure off the important soft tissues within the TMJ capsule, blood flow is stimulated creating re-growth of any damaged hyaline cartilage while the vital support muscles of the face and neck are automatically re-trained.

The process of repair and re-training can be accelerated significantly by using specific compression exercises below, involving the Orbicularis Oris (mouth) muscle and the tongue together.

How do I know if I need to use a MOJO Appliance?

Apart from having any one or more of the classical symptoms already mentioned, three other simple indicators will further help confirm the necessity for using a MOJO Appliance.

- 1) If you can feel or hear that your jaw joint (TMJ) clicks, cracks or pops on opening or closing the mouth.
- 2) If your jaw moves slightly to the left or right on opening or closing.
- 3) If any of your neck or facial muscles are sensitive or painful to deep touch.

How do I use the MOJO Appliance?

The simplest way to use your MOJO Appliance is to insert it into the mouth with the MOJO imprint at the top. Once in the mouth simply bring your top and bottom lips neatly together so that your MOJO Appliance is resting securely back against your top and bottom teeth. Making sure that your lips remain snugly together at all times will ensure correct positioning of your MOJO Appliance and therefore best results. You can now sit, walk, move and do whatever you need to with your appliance in place. In fact moving the body (especially walking) with your MOJO Appliance in will really help overall postural and spinal integration.



How often and how long will I need to use the MOJO Appliance for?

Daily usage from five minutes up to several hours depending on how comfortable the MOJO Appliance feels in the mouth. Typically at first the MOJO Appliance will feel foreign in the mouth but with just a little usage for a day or so, will quickly become very comfortable. The longer the MOJO Appliance is used the quicker the reduction in symptoms and repair.

If possible overnight usage is an excellent idea and essential for resolving snoring conditions. The overall usage period is typically between 1 - 12 months depending on severity of individual symptoms and frequency of daily usage and additional exercises.

