

# Less is Often Best



## in Treating TMJ

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TMJ disorders, visit [www.nidcr.nih.gov](http://www.nidcr.nih.gov)  
and click on "Health Info."

**U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES**  
**National Institutes of Health**  
National Institute of Dental and Craniofacial Research  
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