

# CONCLUSION

## ENVISION A LIFE WITHOUT PAIN

What would a victory look like to you? So many patients have completely forgotten what it's like to be "normal." People get accustomed to feeling groggy in the mornings, hitting the snooze button multiple times, waking with a headache and reaching for a pain med. They don't even remember what it's like to just rise out of bed in the morning and have energy and go on about their day with no dizzy spells, no vision problems, no chewing problems, and pain-free.

A lot of people have been told by various health care providers that they can't get better, and they will have to live with their pain for the rest of their life. They've been told that the way they are living now is their norm.

Your norm today doesn't have to be your norm tomorrow. Every day, we see patients who are ultimately able to turn their lives around. We are able to help them recreate normal. That means getting out of bed refreshed, going through the day upright and awake and without pain, and leading a life filled with energy that lets them take on the day.

At the TMJ & Sleep Therapy Centre of Northern Indiana, we give patients hope. We “give them permission” to fight their pain and get better. Sometimes that's all it takes for a patient to begin to turn things around. They just need someone to tell them that getting rid of their chronic pain is doable.

It's absolutely worth taking a little time to investigate the treatments at the TMJ & Sleep Therapy Centre of Northern Indiana. You may find that there is a solution to your pain, a solution that can turn your life around. We only initiate treatment if we truly believe we can help you. Above all, we want to give you answers, we want to help you figure out the source of your pain—that's the way to get better, whether we provide the treatment or we find a referral provider to help.

As you can surely tell, I take my expertise and life-changing approach of a person's health very seriously. I also take you, your comfort, and your confidence in what's next very personally. Because I know that pain can zap the joy from your life. But you don't have to live with it. You can take control of your health, you can *be the victor over TMD and sleep apnea*.

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