

## **A NATURAL REMEDY FOR SINUS PROBLEMS**

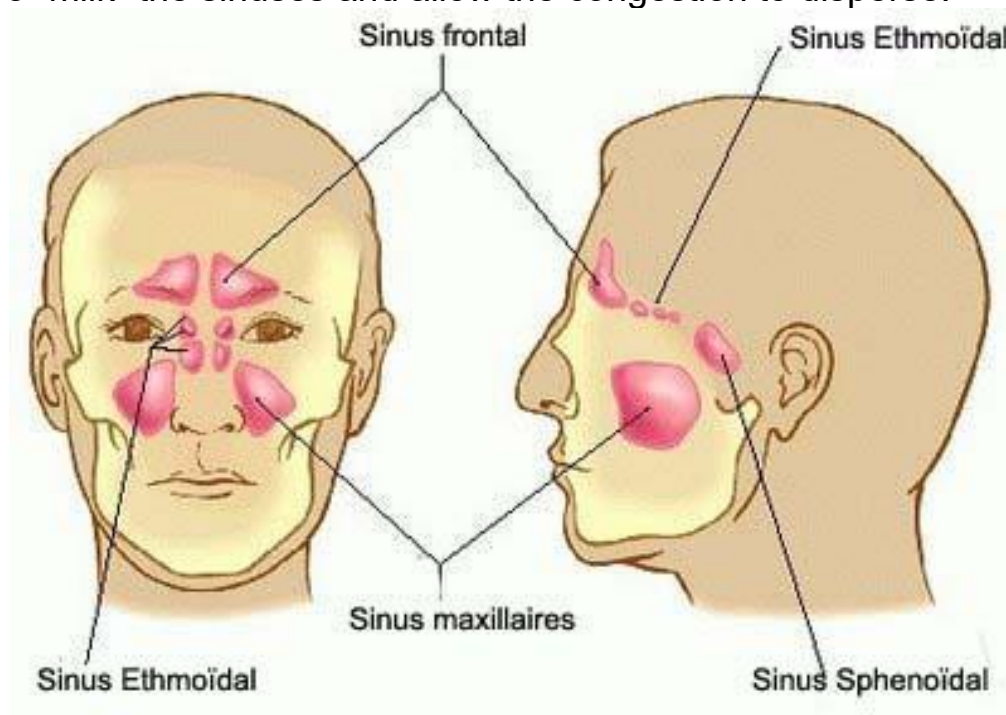
**For a non-drug, natural approach to helping yourself with sinus congestion and the resultant symptoms, follow the 3 step solution below:**

1. Hot Washcloth/Saline Rinse/Steam Application: Apply a hot, wet washcloth (or use steam or a Saline rinse like Netti Pot) to the maxillary sinuses (located directly under each cheek) and the frontal sinus (located between the eyes on the forehead) for approximately one minute or until the washcloth has cooled.

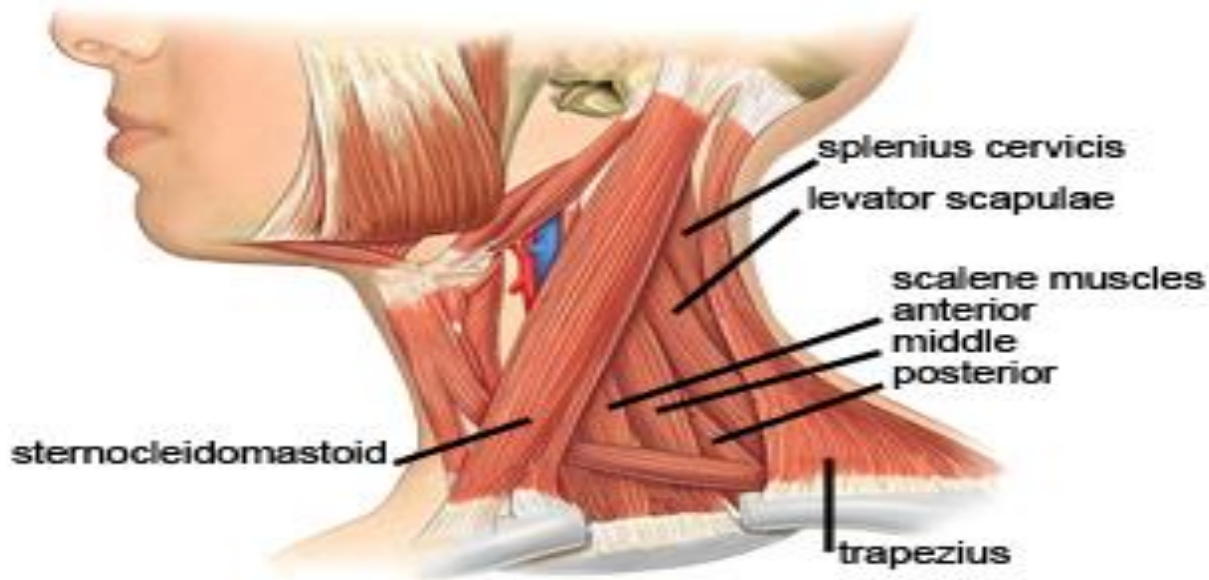
Purpose: To open the sinus passages.

2. Sinus Massage: With mild to moderate pressure apply a massage motion along the sinuses toward the midline of your face.

Purpose: To “milk” the sinuses and allow the congestion to disperse.



3. Lymph Node Massage: Along the sternocleidomastoid muscle (starting directly behind the ear and ending on the collarbone), apply a “stripping massage” by massaging the length of the musculature. The lymph drainage to the face is located in this area and any tight musculature can be an inhibitory factor in this drainage. Purpose: To allow the lymph drainage of the sinuses to be efficient and not stagnant.



End result of the above self treatment: Opening of the sinus passages and easier breathing.

Other factors can be involved in the causation of sinus problems such as:

- Dusty or dirty home ventilation systems
- Food allergies
- Nervous System stress in the upper back and neck(many times finding tight musculature in the sternocleidomastoid and other muscles of the neck will be indicative of this nervous system irritation)

These other factors can be treated naturally. Ask your Doctor of Chiropractic for more information.