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Sinus Trouble

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Sinuses clean the air you breathe and add resonance to your voice.

• Chronic Sinus Trouble

Do you wake up with a stuffy head and mucus in your throat or nose? Do you feel as if you always have a cold or that your last cold never left you? Do you have a chronic "postnasal drip"?

If you answered yes to any of these questions, then you may be suffering from sinusitis—an inflammation of the sinuses.

Your sinuses (Latin for "hollow") can refer to any cavity or sac in your body. Here we are referring to eight spaces in the cranial bones of your forehead and around your nose. Sinuses help you to breathe, yet when they get inflamed and fill up with mucus it seems that healthy breathing is the one thing they prevent.

• What Is Mucus?

It's the butt of jokes and may be considered one of our less pleasant secretions and yet mucus, that sticky, elastic, unappealing gel, is nothing less than one of the greatest protections that we have against infection and poisoning. Your nose, throat and sinuses are lined with mucus to help ensure that your air is moist, warm and free from dust, dirt and pollutants; without this filtering gel your lungs and kidneys, and even your blood, could fill with toxins.

• Symptoms

There can be too much of a good thing. When mucus fills the sinus linings the condition is called sinusitis. When mucus only involves the nose or throat it's called rhinitis and may mimic a cold.



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EWSNT

Bacteria and viri only grow when the conditions are ripe; infection is the result of body malfunction.



Sinusitis often occurs when you have a cold and clears up when the cold ends. That's part of having a cold and it helps your body detoxify or expel waste. But if the drainage is blocked then there's trouble—pressure increases in the sinus cavities and it can cause pain, discomfort, headache and swelling around your eyes and ears; a dull ache in the cheekbones; pain in the teeth or jaw; increased nasal secretions; chills; fever; dizziness; loss of appetite; photophobia (sensitivity to light); bad breath; a general “yucky” feeling; even depression.¹⁻²

• Causes Of Sinusitis & Rhinitis

Anything that irritates the sensitive mucous membranes can be a contributing factor to sinusitis (or rhinitis): dust, mold or pollen; fumes; viri or bacteria; and hot or dry air in buildings.³

Allergy sufferers often have sinus symptoms because many allergens first irritate the nasal passages. Less common causes of sinusitis are bony growths, nasal polyps, deviated septum, facial injuries, tumors or diseases of the upper teeth.

• The Orthodox Medical Approach

Drugstores are filled with all kinds of sinus remedies. The standard medical treatment for sinusitis and rhinitis are the promotion of drainage and treatment with decongestants, antibiotics and antihistamines. That approach is controversial because while drugs may alleviate nasal stuffiness, they have limited effects on the sinuses and can



cause adverse effects in some individuals such as insomnia, nervousness and high blood pressure.

Antihistamines are sedatives (and some parents actually give kids antihistamines for this reason thinking it will calm them down). But sedating them impairs their breathing and makes it harder to spot a child who has a serious illness. Cough suppressants also impair breathing and make a chest infection more likely. Decongestants could worsen an undiagnosed heart condition.⁴

According to medical writer Charles P. Lebo: *Antihistamines and decongestants ... are generally ineffective for sinusitis and tend to make it worse.... Nasal sprays can cause a “rebound” stuffiness that can be worse than the original problem.⁵* If the usual medical procedures do not work, rather than being told about alternative forms of healthcare, the patient may be told that surgical drainage is the only option!



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• The Chiropractic Approach

Chiropractic is not a treatment for sinus conditions, yet sufferers often find relief after chiropractic care. How does chiropractic help? Chiropractic, by relieving stress on the nervous and structural systems, helps your body work more efficiently. Further, chiropractic can ensure that the skull bones move freely and “breathe,” permitting body fluids to drain without interference.

• A Stronger Immune System

Chiropractors and osteopaths have, for many decades, observed the beneficial effects of structural care on the nervous, immune and respiratory systems.⁶⁻¹³ Children may especially benefit from chiropractic care. One representative case history as an example is that of a four-year-old boy with headaches, vomiting, nasal drip and decreased appetite who was being treated with large doses of antibiotics. He had a fall on his head at age two

from a height of four feet. He was seen by his chiropractor two times per week for six months.

His headaches, vomiting and nasal drip resolved completely. His parents also reported that his attitude and appetite “dramatically improved.”¹⁴

The relationship between the nervous system and the immune system appears to be more extensive than ever realized. Research has shown that white blood cells may be “tipped off” about invaders by the nervous system.¹⁵

• Sinus Sufferers

Anyone suffering from sinusitis, rhinitis or other respiratory problems should see a chiropractor for a checkup. Chiropractic care can help your body function better, improve your resistance to disease and enhance your well-being.



Chiropractic's drug-free approach has been a blessing to countless people with sinus trouble.