



SINUSES? GOT TO CUT THEM OUT! THEY'RE KILLING ME!

A couple of times a year many of us are plagued with sinus problems, they can cause headaches, bad breath, and pressure behind the eyes or in the head, a cough and sometimes fever.

The sinuses were put in your body, not to give you grief but to provide a body defense to bacterial invasion, they are also equipped with CILIA or small hairs to filter out pollens, sometimes body defenses don't quite work fast enough, or the "invasion" is so great that normal sinus activity becomes overwhelmed, this is certainly what happens when the pollen levels are high, this is the time of year for RAGWEED to be especially high. Sinuses also serve to make the head lighter, as they are air spaces.

Sinusitis ("itis" at the end of any word usually means "an inflammation of") can be painful, annoying, distressing, and yes, if left unattended even extremely serious!

Chiropractors treat the inflammation with a series of natural means designed to stimulate the immune system, called spinal adjustments, and mechanical manipulatory measures designed to drain the affected sinus areas, oftentimes a single treatment, is enough to stimulate the bodies immune system into working properly, and aid the sinuses into draining almost immediately.

Whether you seek natural means of alleviation, or prefer OTC's (Over The Counter Medications), or prefer to see your allopathic or Osteopathic Physician for treatment, sinus problems persisting more than 3 to 4 days a should definitely be reviewed by a health care professional . Do NOT let the problem persist, it can lead to serious problems, patients having problems for more than 2-3 weeks are really tempting danger.

Try to drink plenty of liquids, inhale steam, and use a saline nasal spray, it might also assist you to eat foods that are high in anti oxidants (dark colored fruits and vegetables).

Avoid confined areas, cigarette smoke etc, etc,

There is no reason to suffer, seek professional advice.