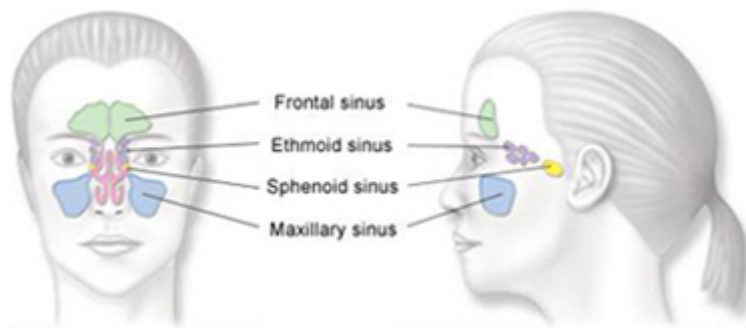


## The Sinuses that Bloom in the Spring, Tra La!

Well, it's that time of flowers and trees with their beautiful blooms. Everything is greening up, and you feel like someone has hit you in the face. You have a headache, your forehead hurts, and your cheeks are painful to the touch. No matter how much you blow your nose, nothing seems to clear your head.

Your immune system is reacting to all of the pollen in the air, or more specifically, the proteins on the pollen grains. It is trying to flush them out, hence the runny nose and tearing eyes. Your sinuses are actually an important part of your immune system. Under normal circumstances they produce a quart of mucus each day that traps and removes potentially harmful particles from the area near your brain, eyes, and ears to protect them. There is only a problem if the sinuses are irritated and produce more fluid than normal. Here's a picture of them below, and notice your pain is located where they are.



## What's the treatment?

The treatment of choice is craniosacral therapy, which works with the movable bones and tissues of the head to allow swollen, painful sinuses to drain and keep draining. The frontal sinus is behind the forehead. I gently lift the frontal bone forward to let the sinus have more room, so it can drain. This manipulation is so subtle that you will not feel any movement, but it is enough room to clear the blockage in the sinuses. I can work inside the mouth to gently lift your cheekbones and give the Maxillary sinus room to drain. There are self-treatment techniques I teach so you can drain your own sinuses and get out of pain most of the time.