Craniosacral Therapy and Sinus Problems and Allergies

Sinus, Allergy, 
And Brain Therapy 
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*Brain Therapy is a unique integration of craniosacral therapy along with TMJ-dental and fascial therapies for improved health*

The American society is plagued by sinus problems.

If you watch some television advertisements, it is a wonder how anyone can survive through the allergy season without medication. We as healthcare professionals can offer assistance to our suffering clients.

This article will describe how our craniosacral, fascial, and muscle touch therapies (Brain Therapy) can help people with sinus/allergy conditions.

I grew up with clogged sinuses. I had continual post-nasal drip as a teenager.

During the allergy season in New England, I took medication daily. I was “allergic” to ragweed, dust, and other elements that are common allergens in our society today.

When I graduated from periodontal school in 1975, I developed headaches and continual sinus infections.

Realizing that the medical model would never get at the root cause of my problem and only mask it with medication, I discovered that certain touch therapies (craniosacral, fascial, and muscle) and dietary modification could turn the tide for me.

It has been nice to be able to naturally breathe freely year-round without medication for the last thirty years.

**Craniosacral Therapy For The Sinus Sufferer**

The craniosacral concept is important for a sinus sufferer.

I have found the common trait is that the sinus bones are very tight and out of alignment. A key therapeutic concept is that all of the large bones need to move freely before the smaller sinus bones can open up.

If a client presents with sinus difficulty, it is almost second nature to start working here where the problem is. But since the large bones are not moving freely, the sinuses can never open up fully.

The frontal bone is a key bone because nine facial bones hang from it. If this bone is not moving well, the sinuses cannot function well. The sphenoid bone drives the sinuses
also into flexion and extension in a similar manner. These small bones are my last area in treating a client, after the brain is moving well and all of the other structures are opened up.

When a client with a sinus condition opens, I tell him that the sinuses will drain. The body is in a continual state of detoxification through the breathe, skin, bladder, colon, and sinuses. If they drain for days, clients tend to think they are getting worse; but in reality, their bodies are throwing off poisons that have accumulated over time.

Detoxification can be an unpleasant but vital function for clients.

Sinus Conditions and Myfascial Therapy

In the 1970s I thought sinus problems were just localized. But I noticed that when a client also received muscle and fascial therapy in the neck, their sinus condition would improve more quickly.

After five years of seeing this phenomenon, I concluded that the majority of sinus people were predisposed with neck muscle and fascial strain that was pulling on the sinus bones. The fascia can pull at 2,000 pounds per square inch from one part of the body (neck) to another (sinus).

An old whiplash injury can create soft tissue strain in the neck that can now be restricting the sinuses. The myofascial element is important for sinus physiology.

If you are eliminating a lot of mucus from your body, you must stop putting it into your system. Many sinus sufferers consume foods that can create mucus like dairy and wheat (gluten) products.

The majority of people in the world are intolerant to dairy products. The average American consumes about 666 pounds of dairy products a year. That is almost two pounds of mucus, ingested daily, into the body that must be eliminated. An excellent website to discover the hazards of dairy products is www.notmilk.com.

Clients, who have sinus difficulty, need to make wise choices in their diet.

Brain Therapy And Allergies

As I worked with children with asthma and sinus conditions over a number of visits with Brain Therapy, their parents would say that some, if not all, of their allergies would go away. It never made sense to me that anyone could be allergic to dust. Dust is everywhere; everyone should be able to handle it physiologically.

I then began to look at the concept of allergy in another light.
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The children with asthma had bodies that were so tight, they simply did not work that well. Because of poor physiology, the child’s body was easily triggered into an attack by the cat dander, dust, and other irritants.

When the craniosacral work opened the central nervous system, the fascial work relaxed the web, the muscle work brought blood and lymph to the tissues, and the body’s mucus cleared up through diet, the child’s body started to work better.

The dust was no longer a factor, and he could have a pet in the house. I concluded that he did not have a true allergy but impaired physiology causing an “allergy”.

This is not true in all cases – some people maybe deathly allergic to peanuts, shellfish, and the like. But as you do Brain Therapy with your child clients, notice as their bodies are working better how they may become less reactive to offending natural substances.

http://www.brain-therapy.com/sinus-allergy-art.html