

Eastwind Healing Center Newsletter, Number 9

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Iowa's complete complementary and alternative medicine center

In this issue:

[Practitioner
Spotlight](#) Technique: [Bilateral Nasal
Specific](#) Product Special: [Essential Oils](#) Focus on [Allergies](#)

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Welcome to this edition of the Eastwind Healing Center newsletter.

This time around, we're going to pay some attention to [allergies](#). By now, every one of us is "allergic" to snow. Fortunately, the solution to this allergy is just around the corner - Spring! Unfortunately, the cause of many people's allergies is also just around the corner - Spring! As the grasses, flowers, and trees let their pollen loose into the air, it is seen by the immune systems of a number of people as a deadly enemy, something to be attacked and flushed from the body. That's where all the runny nose, itchy eye stuff comes from. We hope that our explanations and suggestions are helpful, or at least interesting. Just wait til you read about the [bilateral nasal specific](#) technique, for example!

We welcome feedback on our newsletter, and would love to hear from you if you have a request for coverage of a topic from a holistic perspective. [So, email us already!](#)

[Staff Announcements:](#)

- Kristen Richardson, psychiatric nurse practitioner, is continuing her studies with Gary Zukav this month at the Sea of Soul Institute.
- Kristen is also speaking to the University of Iowa Medical School Alternative Interest Group in March. Busy, busy.
- Dr. Janet Shepherd is enrolled in a year-long intensive training with the Jean Houston Mystery School, which provides training in sacred psychology.
- Eastwind School is no longer our neighbor. The school has moved to the new CORE Fitness Center building in North Liberty and the school will be changing its name soon as well.
- Beginning in April, the practitioners at Eastwind will be offering seminars on various topics. We'll announce them in advance and will keep a schedule of them on our website.
- And last but not least: **There will be an open house at Eastwind Healing Center on Friday, April 11th, from 5 - 8 p.m. Come pay us a visit! See our new seminar space! More details will be forthcoming as the date draws nearer.**

Practitioner Spotlight: YOU!



That's right - this month we are putting the practitioner spotlight on you, the consumer of alternative medicine services. After all, holistic medicine places some responsibility on the consumer. There are supplements to take and lifestyle changes to make. Treatment continues in everything you do. So let's take a look at who avails themselves of alternative medicine services.

According to the National Center for Complementary and Alternative Medicine (NCCAM) [website](#), 36% of American adults utilize Complementary and Alternative Medicine (CAM). If megavitamin therapy and prayer specifically for health reasons are included in the definition of CAM, that number rises to 62%. (Looks like there are no atheists in foxholes, or in terminal illness wards).

CAM use spans people of all backgrounds. But, according to the NCCAM, some people are more likely than others to use CAM. Overall, CAM use is greater in:

- Women than in men
- People with higher educational levels

- People who have been hospitalized in the past year (hmm, trying to prevent a recurrence, or swearing, "I ain't goin' back there nohow!")
- Former smokers, compared with current smokers or those who have never smoked

Overall, praying to influence health conditions is the most popular form of CAM (this is highest among African-Americans, but is significant among all racial groups). If prayer is not included, Asian-Americans utilize CAM the most, probably due to close cultural ties to specific medical traditions.

Interestingly, most individuals who utilize CAM do it on their own, without consulting a practitioner, according to NCCAM survey results. For the purposes of the survey, however, vitamin usage was considered CAM. That is to say, everyone who pops a multivitamin into their mouths are CAM users according to the NCCAM.

What is heartening, though, is that more individuals are at least thinking about taking some control of their health. This can only result in better informed, better feeling people. Think about what is happening: More information is available to consumers, more scientific investigations are being done, even fast food companies are starting to feel the demand by their customers for healthier fare. In a market-driven economy, this is what it takes. So, give yourselves a pat on the back for making changes that benefit yourselves and society at large.

[Return to top](#)

Bilateral Nasal Specific



The explanation of this technique comes from our chiropractor, Dr. Ron Robinson.

I heard about Bilateral Nasal Specific (BNS) while I was a student at Western States Chiropractic College. I was very excited when I found out that one of my instructors claimed to be an expert in BNS. He had had a successful practice in Oregon for 10 years

dedicated specifically to treating sinus and ear conditions. BNS originated in the 1930s and uses a small balloon, inserted through the nostril, which is then inflated for a second or two to push the bones of the area outward, opening up the breathing passages, draining the sinuses, and releasing the skull joints of the area with a crackling or popping sound. This sound has startled some people into claiming that their bones were broken with this treatment. Fortunately, there was no indication that anything like this ever happened. (If it did we would be in big trouble.) The sphenoid, the central bone of the skull, could be moved with BNS. If you moved the sphenoid, then the brain would have a different shape, and so the hydraulic actions of blood flow and cerebrospinal fluid flow would be different, thus changing the function of the nervous system.

I first experienced Bilateral Nasal Specific in the winter of 2002 while I was a second-year Chiropractic student at WSCC. I had a patient that suffered from chronic sinus congestion leading to headaches and sleep apnea. My staff clinician and I performed the technique on this particular patient and I have been convinced ever since that this is the way to treat chronic sinus congestion. I have personally had this procedure performed on me. To be honest, in the beginning I was nervous. Afterwards, I could breathe and my wife said my snoring has diminished almost completely. The results have lasted anywhere from one week to months.

(For more information or to discuss treatment with Dr. Robinson, please call Eastwind at 319-337-3313.)

Case study on BNS: Folweiler DS, Lynch OT.

Faculty, Western States Chiropractic College, Portland, OR, USA.

OBJECTIVE: To demonstrate the use of nasal specific technique in conjunction with other chiropractic interventions in managing chronic head pain. **CLINIC FEATURES:** A 41-yr-old woman was treated for chronic sinusitis and sinus headaches. She had suffered weight loss and pain over a 2-month period.

INTERVENTION AND OUTCOME: Chiropractic manipulation and soft tissue manipulation administered 2-6 times per month for approximately 1 yr had minimal long-term effect on the patient's head pain. When additional interventions (nasal specific technique and light force cranial adjusting) were added to the treatment regimen, significant relief of symptoms was achieved after the nasal specific technique was performed. The duration of the relief increased with successive therapeutic sessions, with minimally persistent symptoms after 2 months of therapy.

CONCLUSION: The nasal specific technique, when used in conjunction with other therapies, may be useful in treating chronic sinus inflammation and pain. Further investigation is needed to identify the usefulness of the nasal specific technique as an independent intervention, the use of the technique in other types of patients and presentations, and the mechanism of therapeutic benefit. PMID: 7706959 [PubMed - indexed for MEDLINE]

[Return to top](#)

Essential Oils



Tying in with our feature on allergies, selected essential oils are 10% off during the month of March. Read more about their helpful healing qualities [below](#).

[Return to top](#)

Allergies



Millions of Americans alter their activities because of seasonal allergies. For many of us allergies mean not being able to enjoy a certain outdoor-part of their life. Doing yard work, playing golf, or taking a walk should all be part of springtime fun. But, for allergy sufferers it can mean misery and headache.

While anti-histamines (both prescription and non-prescription) have helped to reduce the severity of some allergy symptoms, these are not without side-effects, especially in

children whose allergies may be treated with a lifetime of medication, and do nothing to resolve the cause of the allergies, but merely reduce to symptom severity. What are we trying to do -- cure a symptom or heal a process?

For this reason, natural alternatives to anti-histamine medication should be pursued. Because allergies are caused by an improper immune response, reducing allergies requires improving the health of the immune system. There are several ways to help accomplish this:

One of the best ways to improve immune system function is to improve nervous system function. Because the nervous system regulates the immune system, a properly functioning nervous system is better able to coordinate immune cell activity. Chiropractic adjustments have helped many allergy sufferers by improving the health of the nervous system. Nutrition is vitally important for a properly functioning immune system. Without the essential nutrients, the body cannot produce the cells needed for immune function, and allergies are a good example of a sputtering immune system. Eat more fruits and vegetables. Drink more water. Get more complex carbohydrates and essential fatty acids into your diet by eating whole grains and fresh fish. It is important to note that even food can be a source of allergies. If you find this to be the case, consider supplementing your improved diet with vitamins and minerals.

Exercise is also helpful in boosting immune function. The activity of aerobic exercise helps to stimulate proper immune cells (IgG), and suppress histamine-producing immune cells (Ige).

By improving your overall health through diet, exercise, and chiropractic adjustments a healthier you may mean an allergy-free you.

From Chinese medicine, acupuncture and herbal therapy have been successfully used in the treatment of allergic rhinitis in China for centuries. Practitioners of Traditional Chinese Medicine (TCM) look at various areas to formulate their treatment approach. They believe that one should address the causes of allergies, treat the whole person, and focus on balancing the immune system. These in turn, will lead to substantial long-term health benefits in managing allergies. An acupuncturist will determine a patient's constitution and pattern of imbalance through thorough questioning, and diagnostic tools such as pulse taking and tongue observation. There are several common patterns of imbalance regarding how allergies are viewed from a TCM perspective. Often, allergies are related to Wind (itchy eyes, scratchy throat, sneezing), deficiency of the Protective or Wei Qi (problems in the immune system), or possibly more deeply-rooted conditions involving Spleen or Kidney Deficiency (both of these organ systems balance water content in the body - problems with these systems can produce phlegm) as well as Lung signs (this organ, of course, has direct contact with airborne allergens, like pollen or smoke).

Finally, essential oils are powerful, concentrated volatile oils derived from medicinal plants. They have a variety of harmonizing effects on the mind, body, and spirit. The

anti-inflammatory properties of Moroccan Blue Chamomile, Lavender, Rosewood, Cedar, and Amni Visnaga make them ideal oils for helping relieve acute allergy symptoms caused by common allergens such as pollen, dust mites, and animal hair. Fairfield-based [Amrita](#) aromatherapy company has created a synergistic formula combining all five of these essential oils in Allergy Eraser.

Allergy Eraser has multiple applications:

- Inhalation: Hold the bottle at chin level and inhale deeply four to six times to help relieve sinus inflammation.
- Topical: Apply 1-2 drops of Allergy Eraser at the sight of inflammation, massaging it completely into the skin. Keep oils out of the eyes and other mucous membranes. If contact occurs, dilute with vegetable oil, then wash with soap and water. Those with sensitive skin should apply essential oils on the bottoms of their feet. The integumentary system will deliver the oil's therapeutic effects to the rest of the body.
- Bath: Combine 4-6 drops of Allergy Eraser with one tablespoon of vegetable oil and pour into running bath water. Soak for at least 20 minutes, inhaling deeply.
- Diffusion: Put 2-10 drops in diffuser. Diffuse Allergy Eraser for 15-30 minute intervals every one to three hours.

The following essential oils can be used individually to help ameliorate allergy symptoms:

Holy Basil Lavender Cedar Frankincense Rosewood

For children, only the most conservative application method is appropriate. Children should use only the inhalation method, and should inhale only 1-3 times with responsible adult supervision.

People who are pregnant or under a doctor's care should consult their physician before using aromatherapy.

If you have any questions about the use of essential oils or aromatherapy, contact Courtney Jones, LMT, Eastwind's aromatherapy practitioner.