

Eastwind Healing Center Newsletter, Number 5

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Eastwind Healing Center
221 E College St, Suite 211
Iowa City, IA 52240
(319) 337-3313; fax: (319) 337-0686
[Email the Center](#)

Iowa's complete complementary and alternative medicine center

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Welcome to this edition of the Eastwind Healing Center newsletter.

Allergy season may be winding down, but raking leaves can get it all started again, as pollen and mold get stirred up. Also, with the beginning of Autumn (season of the Lung in Chinese medicine), it's a good time to think about sinus health. That's why we're focusing on [sinus clearing](#) and [sinusitis](#) in this issue. So, take a deep breath (if you can), and see what we've put together.

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!](#)

Staff Announcements:

- On September 23, six of Eastwind Healing Center's practitioners (Michael, Candida, Betsy, Ron, Daniela, and Jessica) presented on Holistic Approaches to Infertility Care to patients and staff at University Hospital's new Women's Health Care Center.

- Ron Robinson was also recently featured in an article entitled [Lost in the Headache House](#) in the Daily Iowan.
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Courtney Jones, LMT



Courtney J. Jones graduated from the Eastwind School of Holistic Healing in 2004 and received her Iowa massage therapy license in 2005. Her training at Eastwind School included Eastern bodywork techniques (shiatsu massage), Craniosacral Therapy, Reiki, Energy Medicine, Reflexology, and Aromatherapy. She continues to explore holistic healing techniques, taking training courses in Thai Massage and Myofascial Release, with a week-long workshop in Chi Nei Tsang Intensive Organ Rejuvenation coming up in March, 2008. She studied under Michael Santangelo and Candida Maurer to receive her Reiki Master-Teacher attunement in 2005, and now teaches Reiki in one-on-one and group contexts.

Her current self-education focus is the realm of aromatherapy, the therapeutic use of flower and plant essences. She has recently taken the lead in distribution of essential oils and aromatherapy products at Eastwind Healing Center and feels inspired to educate the community on the profound benefits these easy-to-use plant helpers have to offer.

In her therapy practice, Courtney emphasizes intuitive bodywork techniques, utilizing her sixth chakra (third eye) to determine an individual's unique areas of imbalance. Shiatsu, Reiki, and Sound Healing are her staple modalities, with other techniques such as Energy Medicine, Craniosacral, and Myofascial Release employed as they are needed. A believer in holism in healthcare, Courtney retains her Eastern Bodywork roots while branching out into more subtle, spirit-based therapies to offer her clients the ripest fruits of her healing knowledge.

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Sinus Clearing



Clearing blocked sinuses can be accomplished by various alternative means. Several physical interventions have proven useful, such as acupressure around the area of the nose, and stimulating the sinus reflex areas on the tips of the fingers and toes. For serious sinus problems, more intensive manipulation techniques can be used. For example, a single case study described the treatment of chronic [sinusitis](#) and sinus headaches with spinal manipulation, massage, and a technique called: "bilateral nasal specific" (BNS). The BNS procedure involves inflating small balloons within the nasal passages, creating a change of pressure and, theoretically, a realignment of nasal bones. Initial treatment of a 41-year-old woman with manipulation and massage for approximately one year had resulted in only temporary, mild relief. Her headaches resolved immediately following each treatment that included BNS, followed by increased amounts of postnasal discharge and an improved sense of smell. At the end of two additional months of care, her headaches were reduced significantly in intensity and frequency.

From a structural integration perspective, intra-nasal work is part of the seventh, pinnacle session of Ida Rolf's original ten series "recipe" for aligning the body in relation to gravity. The body is prepared for this deep cranial work by receiving at least six previous sessions focused on organizing superficial and deeper layers of connective tissue (fascia), increasing the body's resilience and ease of movement. A relationship of trust is developed between the practitioner and the client in the preceding sessions that makes this more intimate "intrusion" possible with minimal physical or emotional resistance to the technique, a very important aspect of any form of bodywork. During this session, a gloved and well lubricated little finger is slowly and carefully inserted into the nasal cavity, with the intention of opening and widening the space in the surrounding tissues, thus creating the opportunity for ease of movement and greater communication between the tissues. As a result of receiving the work, clients have reported reductions in allergies (both pollen- and food-based), greater ease in sinus drainage, a decrease in deviation of the nasal septa, a feeling of spaciousness and openness in the whole skull, and a greater sense of grace and movement orientation.

Craniosacral releases (a light touch form of bodywork that uses the bones as levers for the release of connective tissue restriction) have also been shown to be effective for problem sinuses, particularly releases of the frontal (at the front of the skull), sphenoid (deeper in the skull), and zygomatic (cheek) bones.

From an herbal supplement perspective, bromelain, an enzyme derived from pineapple, has been reported to relieve symptoms of acute sinusitis. In a double-blind trial, 87% of patients who took bromelain reported good to excellent results compared with 68% of those taking placebo. Other double-blind research has shown that bromelain reduces symptoms of sinusitis. The main ingredient of eucalyptus oil, cineole, has also been studied as a treatment for sinusitis. In a double-blind study of people with acute sinusitis that did not require treatment with antibiotics, those given cineole orally in the amount of 200 mg 3 times per day recovered significantly faster than those given a placebo. Eucalyptus oil is also often used in a steam inhalation to help clear nasal and sinus congestion. Eucalyptus oil is said to function in a fashion similar to menthol by acting on receptors in the nasal mucous membranes, leading to a reduction in the symptoms of nasal stuffiness. Vitamin C, a powerful antioxidant, also functions as a natural antihistamine. Taking 1,000 to 3,000 mg daily may help to reduce histamine levels in the body, thereby reducing the tendency toward allergies. Quercitin is an anti-inflammatory bioflavonoid found in apples, onions, and tea. Taking 200 to 500 mg twice daily may help to calm down allergies.

Chinese medicine uses several herbal substances to help clear sinuses, particularly Bai Zhi (pronounced: bye- dgir), which is the root of the angelica dihuricae plant. It is used in conjunction with herbs that clear phlegm to return the patient to easy breathing. No, Ma Huang (ephedra) isn't usually needed in these cases. Eastwind's own Allerelief contains Bai Zhi and is effective in cases of sinus blockage and seasonal allergies, with no side effects.

Finally, many people use a neti pot or similar appliance to keep their sinuses healthy. See [below](#) for information on that approach.

Please contact Eastwind Healing Center at (319) 337-3313 or [email](#) for information about these many choices for sinus clearing.

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Neti Pots

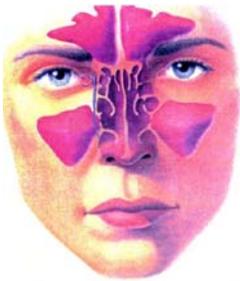


Many times, sinus symptoms are caused by infectious [sinusitis](#), or irritation due to pollen or excessively dry air. Nasal irrigation helps flush out irritants and hydrates the mucus membranes in your sinuses. A ceramic pot, known as a "neti lota" pot, makes this procedure easy.

In nasal irrigation, a warm salt-water solution is poured through the nose. Prepare the solution by dissolving 1 heaping teaspoon of sea salt in 1 cup of warm purified water. Allow this mixture to cool to a comfortable temperature (room temperature or slightly higher). While leaning forward over a sink or the bath tub, tilt your head far to one side so your ear is parallel to the floor, and pour the salt water mixture into one the upper nostril, allowing it to drain through the lower nostril. Repeat on the other side. You won't drown - scout's honor. This procedure may be performed two or three times a day. Neti pots are now available for sale at Eastwind Healing Center.

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Sinusitis



Sinusitis is an inflammation of the sinus passages. It can be an acute or a chronic problem. There are four pairs of sinuses (the paranasal sinuses) in the human skull that help circulate moist air throughout the nasal passages. Each sinus has an opening into the nose for the free exchange of air and mucus, and each is joined with the nasal passages by a continuous mucous membrane lining. Therefore, anything that causes a swelling in the nose, like an infection or an allergic reaction, also can affect the sinuses. Air trapped within an obstructed sinus, along with pus or other secretions, may cause pressure on the sinus wall. The result can be intense pain. Similarly, when air is prevented from entering a paranasal sinus by a swollen membrane at the opening, a vacuum can be created that also causes pain. The common cold is the most prevalent predisposing factor to sinusitis. Hay fever, other environmental triggers, food allergens, and dental infections can also lead to the condition.

Acute sinusitis typically causes symptoms of nasal congestion and a thick yellow or green discharge when infection is also present. Other symptoms include tenderness and pain over the sinuses, frontal headaches, and sometimes chills, fever, and pressure in the area of the sinuses. Chronic sinusitis, sinusitis that persists for at least 3 weeks, affects an estimated 32 million people in the United States. It differs from acute sinusitis in that symptoms can be milder and may only include postnasal drip, bad breath, and an irritating dry cough. Like acute sinusitis, chronic sinusitis is more common in patients with immune deficiency or abnormalities of mucus secretion or movement. In addition, some patients have severe asthma, nasal polyps, and severe asthmatic responses to aspirin

and aspirin-like medications (so-called non-steroidal anti-inflammatory drugs, or NSAIDs). These latter patients have a high frequency of chronic sinusitis. In severe cases, surgery may be recommended, but that can sometimes lead to even more problems from scar tissue and lingering post-operative infection. Trying alternative methods like those described [above](#) may keep one from needing surgery.