

Sinusitis

Sinusitis is very common and can occur either in the maxillary sinuses, which lie on both sides, deep in the face below the eyes, or the frontal sinuses, situated on either side of the bridge of the nose. People with sinusitis should consider other treatments to complement Electro-Acupuncture.

Additional approaches to be considered include diet, the avoidance of mucous producing foods such as milk, dairy products and red meat. Attention should be paid to bowel function. Even slight constipation, in those predisposed to sinusitis, can lead to troublesome chronic problems. The reason for this is that the colon is connected to the sinuses as the large intestine meridian ends on the sinuses and has a connection with the large intestine itself (i.e. the colon). Consider spraying colloidal silver into the nostrils to kill any possible infection. If pain or tension, treat frontal headaches points page 1.2. Consider hay fever points on page 8.3.

P O I N T S

- Li4** This lies on the side of the bone which runs from the forefinger knuckle down towards the wrist. See page 8 for a detailed description of this point.
- Li20** This is a half finger's width to the side of the lower end of the nose.
- Sp6** This lies one hand's width (four fingers) up from the inner ankle joint. It lies just behind the tibia bone at this point.
- Yintang** This lies directly between the eyebrows, just above the bridge of the nose.
- Ah Shi** Any local tender acupuncture points to be found in the area of pain that give a reaction when stimulated
- Ear** Ear point

