

# Sinus Wash



The sinuses are a magnificent structure of tunnels and caves running throughout your head that connect to your respiratory system. They often become the site of what is called a 'focal infection'. This is a type of infection becomes lodged in one part of your body that your immune system keeps under control, but because of its nature to "hide out", you may not notice it and the immune system does not completely eliminate it. This low-grade inflammation becomes a source of irritation for the body, inflaming connective tissues such as tendons and ligaments, as well as depressing the immune system so that other types of inflammatory processes such as bladder irritation, digestive dysfunction and menstrual discomfort keep reappearing.

Many physicians have long been aware of the problems that focal infections can cause. The Japanese physician Dr Horiguchi has made this problem of focal infections in the sinuses his life's work. Treatment for this type of problem must be on going and is best targeted to the local area of infection. The Japanese acupuncturist, Kiiko Matsumoto, has pioneered one of the most effective approaches for this problem. She put together information from many sources and developed a treatment protocol that works. The treatment of this condition has two major parts; the acupuncture/moxibustion treatments and home care.

## Home Care

The care revolves around irrigating your sinuses. This acts to dislodge the infection, draw out the congestion, and strengthen the area. A very simple and effective way to do this is to use salt water. *Use unrefined sea salt only.*

Obtain a new plastic sauce bottle, or a bottle from a 'Flo' Sinus Care Kit with the thin plastic tube inside removed, and make a hole in or near the bottom. (A steak knife or skewer is normally sufficient to bore the hole. If using a 'Flo' bottle, ignore the instructions on the bottle.) Clean the bottle well before using the first time. Mix 1/3 teaspoon of unrefined sea salt and 15 drops pure Echinacea tincture into 1/3 cup of **warm** water. Pour the mixture into the bottle, making sure that you keep the hole in the bottom covered with a finger. Screw the lid back onto the bottle, and then open the top so that you can get a stream of the liquid out. Tilt your head back and a little to the side, put the open end of the bottle into your nostril and take your finger off the bottom. The water will gently pour into the nose and the sinus area. Draw the water back toward your mouth and spit it out into the sink. Close the opposite nostril and gently blow to clear any remaining water. Then repeat with the other nostril. If the water has a slight 'burning' quality, reduce the amount of salt a little. If the water feels harsh in the nostrils, increase the salt slightly. Doing the wash in the shower is a good idea until you have mastered the technique.

Do this twice a day. Make the solution fresh every day or even fresh each time you use it so that the solution will be warm. With practise you will be able to slightly increase the amount of water taken into the sinus area. Most people find that continuing the sinus wash even after all symptoms have cleared maintains an improved state of health. The frequency can then be reduced to once a day, and the Echinacea tincture may be left out. However, if a recurrence of a sinus infection seems to be threatening then you can increase your use of this treatment to prevent any recurrence of a serious sinus infection.

*"The suggestion of sinus washout sounded 'yuk' but I did try it and much to my surprise it was very soothing. Thank you Peter!"*

Liz Cliff.