

SHEPPARD CHIROPRACTIC

Cincinnati Sinuses

For all of my life I have lived in the Midwest. Mold, Pollen and Ragweed are abundant everywhere. I have found that Cincinnati is the greatest place that you can live if you want sinusitis. In the Cincinnati region, one out of every two people has sinus problems on a regular basis. So why is it that the other person doesn't have sinuses. Well, in my opinion, it comes down to several very important areas. The first is the body's ability to process and eliminate pollutants and irritants in our environment, second is the foods you eat and most importantly the health of the nervous and immune system. Current research states that the immune system is controlled and regulated by the nervous system. The nervous system is the master controller of the body and all functions are controlled by the nervous system. Your sinuses are controlled by the nerves that supply them. If the nerve that supplies the sinuses (there are 8 of them) is pinched or irritated, then the sinuses will not eliminate mucus and irritants properly. This will cause mucus buildup and constant inflammation and blockage.

I have also found that diet has a huge impact on the health of your sinuses. The average American diet is very high in dairy products with minimal amounts of water. But are dairy products good for my bones? Minimal amounts of dairy are okay, but soy products have a greater nutritive value than dairy with no added chemicals. Today's dairy products have high amounts of antibiotics, steroids and growth hormones that farmers use to continually keep the cows producing large amounts of

milk and reduce infection. When they give the cow these chemicals, it is passed on in the milk. That is why we are told not to take drugs when we are pregnant or breast-feeding.

So what does chiropractic care have to do with my sinuses? Chiropractic care restores the body's natural ability to eliminate and expel these irritants without drugs or medication. This is done by a chiropractic adjustment. In a research study, significant relief of symptoms was achieved after the adjustment was performed.

Here is what several patients had to say about their health.

"I was also diagnosed with chronic sinusitis, and you can imagine what that was doing to my ears. After two weeks, my nose was almost completely clear, and no more caked, green nose. Mom is happy and I'm a better boy. We have also avoided allergy testing completely! Allergy testing would have been very painful to mom and me with a more than \$400 bill just to see what I'm allergic to."

Another patient of the office stated "I have taken sinus medication for years with minimal relief, but after consistent adjustments, my sinuses are 95% better with no medications or side effects. The side effects from the medications were a mile long. I would recommend chiropractic to everyone in the Queen City."

To schedule an examination and consultation to see if chiropractic is for you, call our office at 753-5437.

