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This simple point recipe has served me well for many years. I am sure there are many other points to

be considered and certainly this is not an appropriate protocol for every type of sinus problem, but in cases of allergic sinusitis this set of points has had miraculous benefit for many of my patients.

Arguably, in areas where the amount of debris in the air is high, just treating some points to reduce the sinus congestion is not enough. I am a strong advocate of sinus irrigation. The use of a Neti Pot to gently wash the dust and debris from the sinuses is probably more important and effective than just about any other treatment. If someone has never done sinus irrigation before, it may take a bit of encouragement to get them to pour water up their nose, but the benefit is worth it. It is absolutely amazing the amount of junk that can sit undisturbed up in your head. I once had a patient break up and wash packing from a previous sinus surgery out – almost a year after being released by the surgeon! Pretty gross, but I was the one that was able to help her get all that pressure out of her head. I was the hero that day.

Again, I know this is not an exhaustive list of all the points for sinus problems. Depending on your technique or style you may pursue a totally different protocol. In the short-term, this is my go-to "shotgun" point recipe for sinuses. As always, remember to get a good case history, document your treatment, and follow up with your patient.

#### *References:*

1. Drug-Induced Nutrient Depletion Handbook, by R. Pelton et al.

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