



# Sinusitis

## Sinusitis Defined



*Sinusitis is inflammation of the sinuses.* It can be triggered by allergies or infection and is chronic and long-lasting in some individuals.

## Stuffy sinuses are plaguing you, and you just want to lie down and not deal with anything!

Substances such as chlorine in the pool can trigger chronic sinusitis. Food intolerances are insidious: you might need to be desensitized to your favorite cereal!

### Did you realize that sinusitis could also have something to do with other aspects of your life?

Frustration with the kids - *"Leave your sister alone!"*  
Anger with your boss - *"Where is my raise?"*  
Being overwhelmed by divorce - *"The car too?"*  
Inability to face your parents - *"C's make degrees."*  
Birth of a big baby - *"Oweeee!"*  
Back injury - *"Why did we move the piano ourselves?"*

Techniques used in BodyTalk address specific pockets of infection in the nooks and crannies of your cavernous sinuses to break the cycle of re-infection and get you back to more optimal health.

Your pelvic bones, in BodyTalk, relate to the cheekbones that protect your sinuses. If you've given birth, or been in a car accident and damaged your pelvis, this could be causing your sinusitis!

In BodyTalk, which views the person from a more wholistic perspective, we may address the pelvic bones and as a result your sinusitis will also improve. The focus of your session may not be on the sinuses themselves!





# BodyTalk is **Whole**Healthcare

The BodyTalk System is designed to address the “whole person”. This means that no aspect of the human experience can be overlooked, whether it is emotional, physical or environmental. BodyTalk was developed as a whole-healthcare system that supports and promotes the wellbeing of any person, animal, or plant.

As WholeHealthcare, BodyTalk understands the profound influence the psychology of the body has on our health. Instead of focusing on the symptom, BodyTalk finds the underlying causes of illness by addressing the whole-person and their unique-story.



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