

Qi Gong for Sinus Trouble

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So many people have trouble these days with sinus congestion and allergies. The most common reasons for sinus trouble are poor digestion, eating too many congesting or acidic foods, and too much stress. Lack of exercise is also a common situation which increases problems because exercise helps burn up mucus congestion in the body. The following suggestions combine Qi Gong exercises, acupressure points and diet to help clear out the congestion and improve sinus health.

Lung Sound Exercise:

Place your palms facing up on your lap, elbows out slightly and away from your body. Raise your hands up in front of you. As your hands rise up, slowly turn them toward your chest then down. When the hands get to a level above your head, turn the palms up to face the ceiling. The tips of the fingers of each hand should be lined up and facing each other. The elbows and shoulders should be rounded and relaxed. Feel the lungs expand in your chest.



Take a relaxed breath in and as you exhale, make the following sound. "Ssssss" like a snake hissing or steam coming out of a radiator. Look up slightly as you do this. Only one breath out as you make the sound. While you are making the sound, picture the stuck emotions of sadness, grief or depression leaving your lungs. Picture them in any way you like, some people see this as a color or fog coming out of their lungs. When you have finished the breath and the sound, inhale and relax. Turn

your hands palm down and slowly lower them back down in front of your body to your lap.

Place your hands back on your lap, palms facing up. Now, feel the healing emotion of courage growing in your lungs. Sadness causes the body to contract and courage helps it expand back where it should be. Relax as long as you want and then repeat as many times in a row as feels good. Do this exercise at least three times per day.

Acupressure Points for Sinus:

Place your index fingers on both sides of your nose in the crease next to your nostrils. These points are particularly good at clearing out the sinuses. Massage these points gently for as long as it feels good. When the points start to feel numb, then stop massaging them. You can repeat as many times a day as feels good.

Diet Suggestions:

Avoid foods you know you don't digest well. Avoid acidic foods which cause irritation in the body. Avoid dairy, refined white flour, and too many sweets which increase all mucus production in the whole body. Eat more radishes (several at a time, 2-3 times daily) which clear mucus and cool down inflammation (not good if you're already feeling too cold). Turnips are also great to clear mucus and congestion from the lungs and sinuses. A useful supplement for sinus trouble is grapefruit seed extract (not good if you are an overly dry kind of person because it creates more dryness). It is a natural antibiotic and antifungal extract and can be purchased at any health food store. There are many different brands and formulations so follow the directions on the bottle.

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