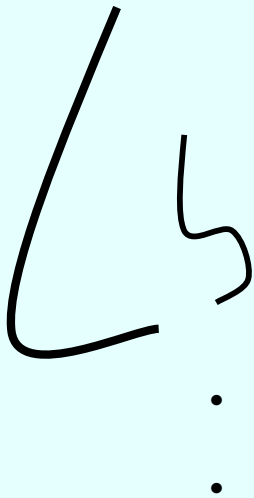


# SINUS THERAPY

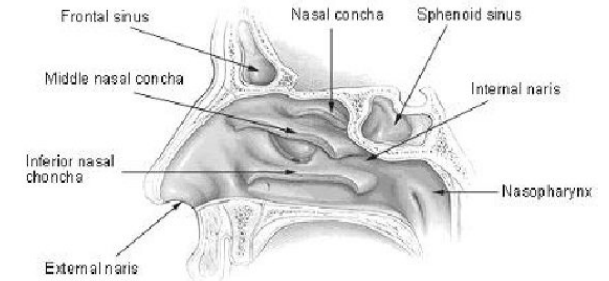
Offering Migraine Headache Sinus and Allergy Relief



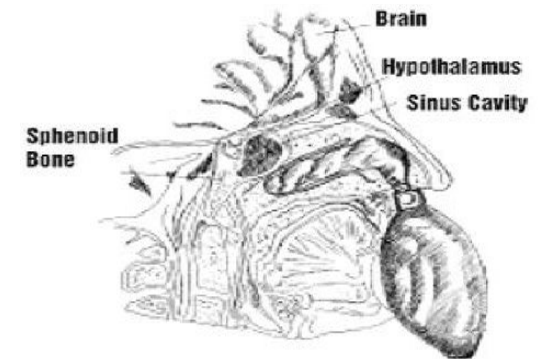
EndoNasal Therapy is a proven, reviewed, controlled approach and technique that works to reduce nasal swelling and help the sinus return to a more optimum function by widening the nasal passages and adjusting the cranial plates for releasing stress/pressure that affects the nervous system and reestablishes/increases the flow of oxygen, blood, and cerebrospinal fluid to the body's, nervous system, and to the brain.

### **The EndoNasal Method:**

EndoNasal Therapy uses finger cots, affixed/tied to a blood pressure bulb (a sphygmomanometer) to deliver an even and effective controlled amount of air to widen the nasal passages. The finger cot portion of this device is lubricated. The patient breathes out through their nose, this allows access and proper placement of the finger cot into the nasal passageway. The finger cot is gently tucked in around the outer edges of the nostril to insure that no outward bulging of the balloon occurs when it is inflated. The nostril is lightly compressed around the valve of the pressure bulb, so that no air can escape. The other nostril is left free and not compressed so air can escape. The patient then holds their mouth open for the doctor to see motion and pressure of the sinuses during treatment as it expands the joints/membranes of the nasal and cranial walls. The finger cot is then gently inflated and makes its way through the nasopharynx, of which there are 6 chambers - 3 on each side, widening them as it goes along. The nasal passages are stair stacked chambers.



The finger cot/balloon is first inserted into the lower portion of the nose, first one side then the other. This is done to keep facial, pressure, and symmetrical balance and optimize the benefits of this technique. It is then repeated in the middle passageways, then the top passageways. Then this process is repeated in the lower nasal passageway to help complete the full effect of nasal enhancement. Because the nasal passage-ways are stair stacked, and widening the upper two nasal pathways indeed compress the lower nasal passageway somewhat. Therefore, the lower nasal passageways are stretched to completely stimulate and to position nasal flaps in an upright position instead of an inverted position. Many times the greatest effect is accomplished after the bottom two nasals are corrected.



**The following is a list of dysfunctions that may be relieved, eliminated or reduced of their debilitating effect with the treatment of EndoNasal Therapy.**

**Asthma  
Sinus Problems  
Stroke  
Nasal Allergies  
Nasal Congestion  
Migraine Headaches  
Misaligned Braces  
Autism  
Cerebral Palsy  
Chronic Fatigue Syndrome  
Tooth Pain or Pressure  
Dizziness or Vertigo  
Dyslexia  
Ear infections  
Epilepsy  
Infant Colic  
Irritability  
Insomnia  
Snoring  
Learning Disorders  
Loss of Attention Span  
Loss of Mental Coordination  
Loss of Visual Acuity  
Loss of Hearing  
Neck and Back Pain  
Nervousness  
Neurological Dysfunctions  
TMJ Dysfunction  
Whiplash**

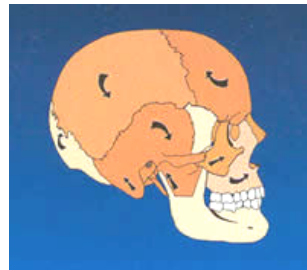
The treatment has its greatest effect when the finger cot can reach and tap on the upper back portion of the throat. The patient can expect to hear popping sounds as stress is relieved, one's eyes may water and nasal fluid may drain into the throat, rarely some light bleeding may occur. Depending on ones symptoms; recommendations vary, but ideally 2-3 times a week, until conditions improve, or corrected. Then maintained in the spring and fall when extreme seasonal changes occur.

**Relief for Cranial Stress and Pressure:**

Cranial stress and pressure can be brought on by many things, such, as high levels of stress at work, blunt force trauma to the front or back of the head, falls, car, bike, and skiing accidents, sports injuries, and birth trauma.

Anytime a forcible movement shocks someone's spine or when applied force is exerted upon the head the cranial plates along their fault lines will either lock or shift out of place like an earthquake. Depending on the level of shock / impact will determine how much stress is placed on the head. For some, this is a build up over a long time, for others this happens at birth.

There are 22 major cranial bones in the head, all of which are inter connected and expand and contract with our breathing pattern and sacrum (tailbone). When one cranial plate is off set it builds up pressure and indeed locks, this causes the nerve endings to miss fire in the compacted area. The results of this is a wide variety of disabilities some of the most traumatic being



Migraine headaches, Sinus and allergy problems. The therapy of EndoNasal Therapy not only clears out the sinuses so one

can breathe better but stimulates oxygen and blood flow to the brain and heart as it works to release the adhesions and stress on the cranial plates. Applied pressure on the back of the throat, slightly moves the sphenoid and halus bones

and adjusts and relieves stress on the rest of the cranial plates. Releasing this pressure allows for proper alignment and movement to be achieved. This will in turn stimulate the cranial spinal fluid and blood flow thus lubricating the entire neurological network through out the head and onto the rest of the body. This technique works to unwind the tension that has been placed on the head and spinal fluid in the spine. Think of it as working to unlock a set of rusty gears. With regular ongoing treatment over time, these gears will unlock and once again, normal nerve ending function will be able to repair itself. Not all dysfunctions can be completely relieved but their effects can be minimized by increasing mobility and function of the sphenoid and pituitary gland.

**For more information:**

Dr. Schneider has 40 years experience doing EndoNasal Therapy. These treatments are priceless when compared with surgery and its risks of cutting nerves, muscles and tissues that can cause facial and unwanted disorders. Once you cut a nerve, you cannot uncut or reverse the damage. Conservative alternative options should be considered first.

**Dr. Dan Schneider, D.C., N.D.  
225 Green Meadows Drive,  
South  
Lewis Center, OH 43035**

**Phone 614-791-4444  
FAX 740-881-0933**