

## Using Coronal Zone Reflex Therapy to Relieve Sinusitis Pain

*In this feature, Lee Anthony Taylor investigates the causation and deeper meaning of inflamed sinuses and demonstrates that a gentle touch can have a releasing effect from the suffering of recurrent sinusitis.*

The human body is an amazing machine, I'm sure you will agree. Greater in construction than the sum of its parts. In my many years of teaching anatomy and physiology to reflexologists, I have always marvelled at how body systems cooperate and influence each other.

When they work well together, the result is beyond words in both its intricacy and simplicity. Our work as therapists, of course, is designed to keep the wheels turning and to deal with issues when the cooperation has temporarily halted.

Sinusitis is a condition that is under-reported, considering one in ten people in the UK have regular non-allergic sinusitis pain and more than one in seven have the same problem in the US. As we shall see, sinusitis can be a by-product of another existing problem or the causation of others.

### Location of the Sinuses

The paranasal sinuses, as they are correctly termed, are found with the skull, and in particular the face. Like a number of systems, they can be split into regions according to their proximity to bone groups.

They are air-filled cavities in the bones that allow for the increase in the bony structure without adding significant mass. They are primarily responsible for producing the mucus that keeps the upper airways running smoothly.

In healthy sinuses, all of that mucus constantly drains to where it needs to be. If that drainage is blocked however, the sinus fills with fluid instead of air and infection can set in.

The four groups are as follows: -

- The *ethmoid sinuses* are between the orbits. They typically are formed by a series of labyrinths and divided regionally into anterior, middle, and posterior, based on the location of their apertures.
- The triangular-shaped *frontal sinuses* are in the frontal bone superior to the orbits. These sinuses vary in size.
- The *sphenoidal sinuses* are in the body of the sphenoid bone. They open into the posterior wall of the sphenoid-ethmoidal recess.
- The largest of the paranasal sinuses is the *maxillary sinus*. There are two pyramidal-shaped maxillary sinuses located bilaterally in the maxilla of the face. It fills the bone in its entirety to reduce the mass of the maxilla.

They can also be differentiated by gender, with women having a smaller sinus ostia in the maxillary sinus which leads to more cases of sinusitis in that region for females.

### What is Sinusitis?

Chronic sinusitis can be caused by an infection, growths in the sinuses or nasal polyps or swelling of the lining of the sinuses. Signs and symptoms may include a blocked or congested nose that causes difficulty breathing through the nose, and pain and swelling around the eyes, cheeks, nose or even the

forehead. Armed with that information, we know, as reflexologists, which body systems to target with our work.

### Other Affected Systems

**Respiratory System** - As the paranasal sinuses are continuous with the nasal cavity, an upper respiratory tract infection can spread to the sinuses. Respiratory mucosa lines the paranasal sinuses. This respiratory mucosa is ciliated and secretes mucus. Infection of the sinuses causes inflammation of the mucosa and, if more than one sinus is affected, it is called pansinusitis.

**Teeth** - The maxillary nerve supplies both the maxillary sinus and maxillary teeth, and so inflammation of this sinus can present as toothache. Similarly, an infected tooth can also spread its infective agents to the maxillary sinuses.

**Spinal Alignment** - When it comes to the sinuses, their line of communication are facial nerves that run directly through the very top vertebrae of the spine. Misalignment of the upper neck or trauma to the tissue around the vertebrae can disrupt the proper function of these nerves and easily lead to sinusitis.

**Neck Pain** - As the sphenoid sinuses that sit behind the eyes experience a blockage, it can result in a painful headache that often translates into a range of other symptoms, including a sore neck.

**Immune System** – Since sinusitis is an infection, one of the most important parts of recognising a new infection occurs in the lymphatic nodes. Inflammation in the high concentration of nodes in the neck may also cause pain with a localised infection like sinusitis.

**Hormones/Pregnancy** – During the third trimester of pregnancy there is considerable vascular engorgement and increased mucous gland activity. This can lead to specific non-allergic sinusitis during the latter stages.

### Spiritual/Emotional/Mental Aspects

When looking at the spiritual significance of sinusitis it is worth considering the following:-

- The sinuses lighten the skull – does the patient have things weighing heavily on their mind?
- The sinuses give us room to think – is the patient feeling closed in and restricted, unable to see the way out of a claustrophobic situation?
- The sinuses help the voice by providing resonance – is the patient speaking their truth? Is their voice being heard?

In addition, the Sphenoidal Sinus - the only single sinus, is the central sinus which communicates with all the other sinuses.

The Frontal Sinuses are linked to the sense of sight.

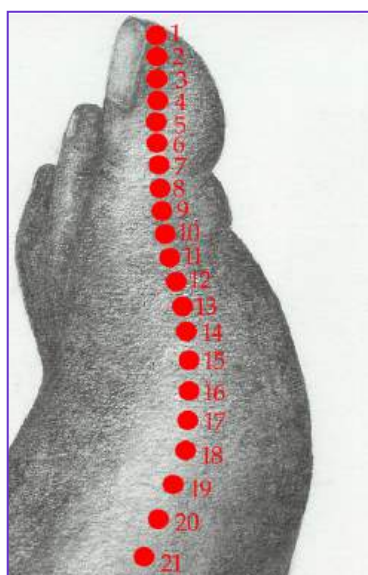
The Ethmoidal Sinuses have an association with the sense of smell.

The Maxillary Sinuses are linked with the sense of taste.

The Mastoid sinuses have an association with the sense of hearing.

## Key Coronal Zone Reflexes to Work With

You will need to work the following:

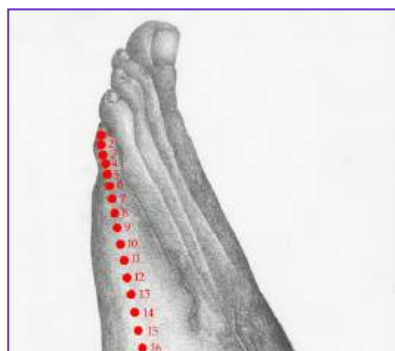
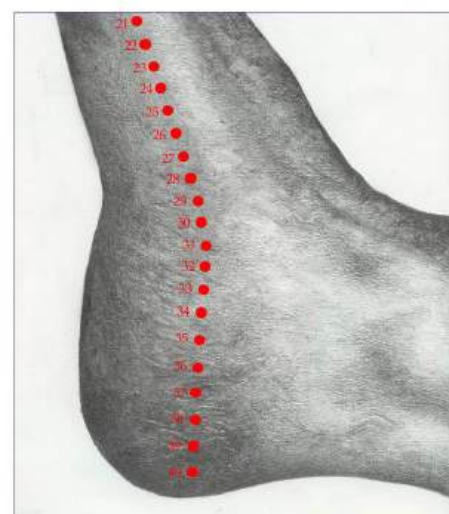


### *Internal Edge (Left Foot)*

- Point 3 (Pituitary)
- Point 4 (Nose)
- Point 7 (Maxilla/Jaw)
- Point 15 (Bronchus)
- Point 16-17 (Lung)
- Point 19 (Tip of Liver)

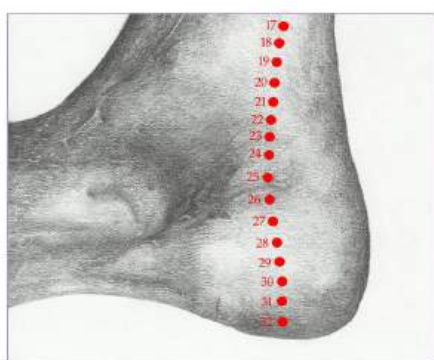
### *Internal Edge (Right Foot)*

- As Left Foot with additional Point 19-21 (Liver)



### *External Edge (Left Foot)*

- Point 3 (Eustachian Tube/Mastoid)
- Point 4 (Jaw)
- Point 5 (Outer Neck Muscles)
- Point 8 (Lymphatics)



### *External Edge (Right Foot)*

- As Left Foot
- Point 24 (Ileo-Caecal Valve)

## Testimonial/Case Study

A 44-year-old female patient had recurrent sinusitis, particularly in the frontal and maxillary areas. The pain also affected her neck and gave her headache symptoms.

By working the nose reflex (Int 4 L/R) and the maxilla (Int 7 L/R) on both feet she began to experience popping sensations within her Eustachian tube as the mucus was clearing. The outer neck muscles (Ext 5 L/R) were particularly sensitive.

Lymphatic clearance work and work on the liver and bowel using general reflexology techniques also helped to maintain a better mucus balance. The Ileo-Caecal Valve reflex (Ext 24 R) was particularly useful in this case. She felt relief from sinus pain after the second treatment, one week apart.

## What is Coronal Zone Reflex Therapy?

***Working entirely on the sides of the feet, Coronal Zone Reflex Therapy™ uses 72 precise reflex points that powerfully move stagnation from deep within the body. This revolutionary perspective gives the reflexologist access to previously unexplored territory. We now have the whole body mapped out in the three planes and so there is no longer anywhere for illness to hide!***

We have longitudinal zones, transverse zones and *coronal* zones to access reflex points in the body. It is in this third key area that I have concentrated my efforts since 1998 and developed the method known as ***Coronal Zone Reflex Therapy™***. Working in this plane allows therapists access deeper inside the 'core' of the body, releasing the patient from longstanding stagnation.

Calling all schools and colleges! - Would you like to offer Coronal Zone Reflex Therapy as a postgraduate course? Contact me on [taylorsescape@hotmail.co.uk](mailto:taylorsescape@hotmail.co.uk) and we'll arrange it!

More details can be found on my website [www.effectivereflexology.com](http://www.effectivereflexology.com)