

Dr. Jen Wilhelm Expands Use of New Nasal Release Sinus Congestion Treatment to Help Portland Breathe

Portland Area Chiropractic Doctor Jen Wilhelm Now Helping People Breathe Better With Nasal Specific Technique.



Portland, Oregon Apr 11, 2023 ([Issuewire.com](https://www.issuewire.com)) - Dr Jen Wilhelm has expanded the use of nasal specific technique sinus congestion treatment to now include indications for treating sinus congestion, headaches, and vision problems at her clinics in and around Portland, OR.

The expansion, now offered by Dr Jen Wilhelm at Gold Beach Chiropractic near Portland, OR, builds on the current non-surgical treatments for allergy-related sinus pain caused by seasonal and year-round allergies.

“Sinus congestion is associated with development and worsening of asthma and can result in difficulty breathing, headaches, and missed days of school and work.” said Dr Jen Wilhelm, chief medical officer at Gold Beach Chiro, in a statement. “Nasal Release using the nasal specific technique successfully realigns the cranial plates of your skull, restores the normal blood flow to your brain and provides effective relief for sinusitis, headaches, and vision problems.”

Your head is made up of 22 movable bones. The center of your skull, directly behind your ears, is where the sphenoid bone serves as the pivot point. Your brain pump, also known as your major respiratory system, is active and massaging your brain when your sphenoid bone moves as it should. When this occurs, your brain's circulation is supplying nutrients to your eyes, ears, nose, sinuses, etc., and all of the nerves in your brain are firing as they should.

The nasal specific technique is a non-invasive and drug-free treatment to relieve nasal or sinus congestion and allergy-related sinus pain. Nasal specific technique applies a regulated force of pressure in the sinus using lubricated finger cots that are attached or linked to a blood pressure bulb (a sphygmomanometer). The finger cot is placed into one of the six nasal passages—three on each side—while the patient exhales through their nose. These nasal passageways are layered one on top of the other like stairs. One finger cot or balloon is first put into either side of the lower nasal airways. This is done to maintain the symmetry, pressure, and face balance necessary to get the most out of this technique. The top passageway comes next, followed by the middle passageways. The lower nasal passageway is then used to complete this sinus treatment.

Dr. Jen Wilhelm, a chiropractor in Portland, and Gold Beach now performs the nasal specific technique to help patients who suffer from chronic breathing issues, chronic rhinitis, allergies, and trauma to their nose which may have collapsed the airway. Patients have reported better breathing, an improved sense of smell, in addition to snoring and headache relief!

The best way to learn if nasal specific treatment is right for your chronic sinus congestion is to call Dr Jen Wilhelm at (541) 392-8560. When you do, you'll speak to Dr. Jen Wilhelm to schedule your first visit at a chiropractic clinic near Portland to discover how this non-surgical, nasal specific treatment for sinus congestion may help you breathe better.

About Dr Jen Wilhelm

Dr. Jen Wilhelm provides a number of treatment protocol at three clinics around Portland, Oregon. She evaluates and treats patients with headaches and respiratory issues using non-invasive craniosacral and cranial osteopathic manipulation procedures. She also makes use of the standard manual chiropractic adjustments to get the spine moving properly again so it can perform at its best. Since she started her chiropractic profession when she was just 17 years old, Dr. Jen Wilhelm also incorporates massage therapy into her treatments. To treat the dysfunction and adhesions caused by prolonged stress and improper biomechanics, she combines Extracorporeal Shockwave Therapy, Deep Tissue Therapy, Myofascial Release, and Trigger Point Therapy. Learn more about Dr Jennifer Wilhelm online at <https://drjenwilhelm.com>



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