

Mobile Chiropractor in Beverly Hills Shows Natural Treatment for Sinusitis

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Jochen Chiropractic & Wellness Center, a holistic and pain-free clinic in Beverly Hills, CA, that offers mobile chiropractic care, cupping therapy and traditional Chinese medicine (TCM), has recently demonstrated on Instagram the use of chiropractic care as natural treatment for sinusitis or inflammation of the nasal passages. The treatment consisted of the stimulation of pressure points and the application of the Atlas adjustment that allows for relaxation, boosting of the immune system, improvement of movement, and reduction of tension. The stimulation of pressure points was for decongesting of the nasal passages. The treatment is for sinus congestion and allergies, headaches, nasal fullness, coughing, sore throat, and muscle tightness. Patients had reported feeling immediate relief after the pressure point sessions.

Stimulating certain pressure points on the face may help relieve symptoms of sinusitis. Headaches often accompany sinusitis and this can be relieved with chiropractic care. Dr. Stephen Jochen, D.C. explains, ?Chiropractic has such good success in the treatment of headaches because most headaches are either soft tissue or neurologic in nature. Also, a significant portion of headaches originate in the tissues of the neck. And since chiropractors focus their treatment on the soft tissues of the spine, which includes the neck, the majority of headaches can be successfully managed with appropriate chiropractic care.?

Meanwhile, the Atlas adjustment is a chiropractic method that restores the alignment of the C1 vertebra. The atlas bone is the top bone or first cervical vertebrae that connects the skull to the spine and is also called the C1 vertebra in the cervical spine. A misalignment of the atlas can result into pain and also affect the structural integrity of the spine over time. This may be caused by injury, abnormalities in bone structure, and even poor posture over time. Symptoms of atlas misalignment include hearing problems, shoulder pain, restricted movement, balance problems, dizziness, vertigo, muscle spasms, difficulties with concentration and coordination, and pelvic and hip misalignment.

Also, when in need of cupping therapy near me Beverly Hills residents can rely on Jochen Chiropractic & Wellness Center. Cupping therapy is a TCM method that may help in promoting circulation within the body through the use of suction produced by heated cups. This method may also help relieve muscular tension resulting from an injury or physical activity. These cups are positioned strategically on the meridian lines and the patient is instructed to keep still for about 20 minutes. Cupping therapy is typically applied on the back, neck, and shoulders to relieve stiff muscles, provide relief to pressure points within the body, and decrease swelling and inflammation.

Cupping therapy may be used to restore muscular function and get rid of stress before and after a sports event. It may also help relieve other conditions, such as arthritis, stress, headaches, migraines, and coughs and colds.

Established in 1994, Jochen Chiropractic & Wellness Center has the goal of assisting patients in achieving their wellness targets through the application of different types of skills and expertise that comprise the entire wellness spectrum, such as chiropractic care, massage therapy, cupping therapy, and more. Dr. Stephen Jochen, D.C. leads a team of health practitioners at the holistic chiropractic clinic and wellness center. They provide a holistic path to allow patients to enjoy a pain-free lifestyle without having to consume a lot of medication or having to undergo invasive procedures. With almost 20 years of experience, Dr. Jochen and his team can provide help for a wide range of health issues, from lower back pain to carpal tunnel syndrome, by using different methods, including chiropractic care, cupping therapy, acupuncture, massage, and more. And they always apply a three-tiered approach to healing: pain-free treatment alternatives; prevention and wellness; and correction and recovery.

When in need of a holistic chiropractor Beverly Hills residents can check out the Jochen Chiropractic & Wellness Center website or contact them on the telephone or through email. They are open from 8:00 am to

7:00pm on Mondays, Wednesdays and Fridays; from 1:00 pm to 7:00 pm on Tuesdays and Thursdays; and from 9:00 am to 1:00 pm on Saturdays.

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For more information about Jochen Chiropractic & Wellness Center, contact the company here:Jochen Chiropractic & Wellness CenterDr. Stephen Jochen, D.C.310-556-8071jochenmarketing@gmail.com9478 West Olympic Blvd. PenthouseBeverly Hills, California 90212

Jochen Chiropractic & Wellness Center

Located in Beverly Hills, CA, the team of highly trained professionals advocates for a holistic and pain-free lifestyle. From chiropractic care to traditional Chinese medicine, this wellness center offers a variety of services to meet its patients? needs.

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