

Sinus Headaches

Have a sinus headache or blockage that you have had for more than 24 hours, try this simple technique using tuning forks (Nerve Fork, 78hz Fork, Circulation Fork).

Place the stem of the tuning fork on the small dent at the inner corner of each eyebrow (do one side at a time) right next to the bridge of the nose. Do this twice for 60 seconds on each side twice.