

# Remedies 4

*sinus problems*

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## Remedies 4... sinus problems

### Companion Remedies for Sinus

[Immunity Plus](#) - For full immune system support

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[AdaptoZen](#) - Supports systemic balance, plus encourages resistance to physical, chemical and biological stressors

[SOS Histadrops](#) - Clears symptoms of allergies, hayfever, and allergic rhinitis without drowsiness

[AllergiClear](#) - Stay allergy-free using natural immune system support

[Congesto-K Pillow Spritzer](#) - To keep airways clear and aid in relaxation and restful sleep

[Congesto-K KiddieRub](#) - Chest massage oil for a child's congested nose and chest

[Sniffly Sprinkles](#) - Helps keep airways open and children breathing easy

[CroupEx Sprinkles](#) is a safe, non-addictive FDA registered natural remedy, containing 100% homeopathic ingredients especially selected to temporarily relieve chest congestion and barking cough in babies and children.

[Viral-Protec](#) - an excellent formula, helping give your immune system that extra 'edge' when it is needed.

[BaniFlu](#) - Homeopathic remedy temporarily protects against flu virus and germs - safe for all ages

[FluGo](#) - Homeopathic remedy temporarily relieves symptoms of the flu or cold like cough, runny nose, fever, sore throat and fatigue

### Herbal Remedies for Sinusitis



### [Elderberry Syrup](#)

Created for Planetary Herbs by licensed acupuncturist and clinical herbal



### [Mushroom Glyco Nutrients](#)

NOW® Mushroom GlycoNutrients is a nutritional supplement designed to support



### [Zenergize Immunity, Citrus](#)

Getting sick (or at least pretending to) was sort of fun back in the old da

Chronic sinusitis refers to inflammation of the sinuses that continues for weeks, months, or even years. [Allergies](#) are the most common cause of chronic sinusitis. Chronic sinusitis can persist even after antibiotics are given. It's the most frequently reported chronic disease. Chronic sinusitis can also be caused by structural abnormalities of the nose, such as a deviated septum (the bony partition separating the two nasal passages), or by small growths called nasal polyps, both of which can trap mucus in the sinuses.

Acute sinusitis occurs when bacteria invade the sinus cavities and impair proper drainage of mucus from the sinuses to the nose. Chronic inflammation of the nasal passages or rhinitis also can lead to sinusitis. [Allergic Rhinitis](#) or hay [Fever](#) is the most common cause of chronic sinusitis and is a frequent cause of acute sinusitis.

### **Prevention is the key!**

Twice a day, stand in a shower hot enough to fog up the mirror. Or lean over a pan full of steaming water with a towel draped over your head, creating a steam tent. Inhale the vapors as they waft up toward your nostrils. [Eucalyptus](#) oil is often used in a steam inhalation to help clear nasal and sinus congestion. [Eucalyptus](#) oil works similarly to that of [Menthol](#) by acting on receptors in the nasal mucosa, leading to a reduction in the symptoms of nasal congestion. Just add 4 to 6 drops to a pan of steaming water with a towel draped over your head and inhale the vapors.

Applying moist heat over the sinuses, is an easy way to wash away sinus pain. Apply a warm washcloth over your eyes and cheekbones and leave it there until you feel the pain subside. It may take only a few minutes.

Flush out nasal secretions. Mix 1 teaspoon of non-iodized salt or sea salt with 2 cups of warm water and a pinch of baking soda. Pour it into a shot glass, tilt your head back, close one nostril with your thumb, and sniff the solution with the open nostril. Then blow your nose gently. Repeat on the other side.

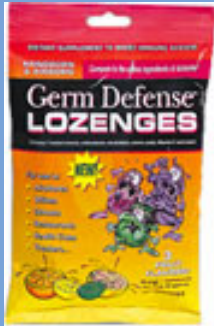
An Ayurvedic solution, similar to this is done in the same manner with a Netti Pot. It looks similar to a tea pot, but with a longer, narrower spout for the nostrils. These can be found in most health food stores.

To clear excess mucus from the sinus, combine the juice from the horseradish root with the juice of 3 lemons. Take a 1/2 teaspoon



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



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between meals for several months until the mucus in the sinus clears.

## Healing Salt Remedy for Sinusitis

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## Homemade Nasal Inhaler for Sinus Congestion

- 1/4 teaspoon coarse salt
- 5 drops [Eucalyptus Essential Oil](#)

Place the salt in a small vial (glass is best) with a tight lid and add oil. The salt will absorb the oil and provide a convenient way to carry the oil without danger of spilling it.

Open the vial and inhale deeply, as needed. This same technique can be used with any [Essential Oil](#).

## Sinus Headache Bath Salts

- 2-3 cups epsom salts (or salts of your choice)
- 1/3 cup [Peppermint](#)
- 1/3 cup [Spearmint](#)
- 40 drops [Peppermint](#) eo
- 20 drops [Eucalyptus](#) eo

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I ground the mints in my mortar and pestle, then sifted them through a mesh kitchen strainer, and added them to the salts. Actually, I didn't really measure the amount, it was just a good handful of each. This seems to work pretty well for my DH, and if you still need to clear out your sinuses, get a half cup of [Pepper](#)/spearmint, put it in a bowl, and toss in a cup or so hot water. Let it sit covered for a bit and then carefully start breathing the steam. (I found out how potent this was when I was making [Peppermint](#) 'tea' for a m&p!!

Use about 1/4 - 1/3 cup of this mixture per bath. My DH and I went through the 'batch' within 2 weeks, but someone suggested to mix the salts and dried [Herbs](#) beforehand, and when the need for the bath arises, to add the eo's then to guarantee potency. A decent amount would probably be 4 drops [Peppermint](#), 2 drops [Eucalyptus](#) per bath. Some people may be more sensitive to the [Peppermint](#), so be sure they don't have an adverse reaction before using these salts.

### Sinusitis Tea

1 part [Echinacea](#), 1 part [Goldenrod](#), 1 part [Goldenseal](#), 1 part [Marshmallow](#) leaf.

Mix all ingredients together and use 1-2 teaspoons per cup of boiling water.

Simmer for 15 minutes and drink 1 cup every 2 hours.

### Blend to Ease Sinus

- 2 drops [Eucalyptus](#)
- 2 drops [Peppermint](#)
- 2 drops [Tea Tree](#)

Boil a pot of water and remove it from the stove. While it is still steaming, add 2 drops [Peppermint](#), 2 drops [Eucalyptus](#) and 2 drops [Tea Tree](#), immediately cover the pot and head with a towel and inhale for 3 minutes. Keep Eyes Closed.

### Chest and Sinus Oil

- 2 drops [Lavender](#)
- 2 drops [Tea Tree](#)



- 2 drops [Eucalyptus](#)

Boil a pot of water and remove from the stove. While still steaming, add 2 drops [Eucalyptus](#), 2 drops [Lavender](#) and 2 drops [Tea Tree](#). Cover bowl and head with towel and inhale for at least 3 minutes. KEEP EYES CLOSED.

## Home remedies for Sinus problems

Mango serves as an effective home remedy for preventing the frequent attacks of sinus, as it is packed with loads of vitamin A.

Another beneficial remedy consists of consuming pungent foods like onion and garlic, as a part of your daily meals.

Fenugreek leaves are considered valuable in curing sinusitis. In 250 ml water, boil 1 tsp of Fenugreek seeds and reduce it to half. This will help you to perspire, dispel toxicity and reduce the fever period.

Tie a tsp of black cumin seeds in a thin cotton cloth and inhale.

CAT'S CLAW, relieves inflammation, and fights bacterial infection.

ELDERBERRY, helps loosen congestion.

HOREHOUND, tea helps break up congestion.

OSHA, antiviral, antibacterial.

THYME , tea breaks up congestion.

I like to put a bit of peppermint essential oil under the nose and breathe in the vapors. (I apply salve first to protect the sensitive tissues there.)

This really helps relieve congestion and the antiseptic properties are helpful for infection.

Sinusitis treatment using Zinc

As soon as you feel any sinus discomfort start taking zinc tablets 50mg as often as stated on the bottle. This works incredibly well.

## Hypertonic Saline

Boil 1 quart of water and add to it 2 or 3 teaspoons of sea salt. You

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can not use normal table salt because it has unwanted additives. Now add 1 teaspoon of baking soda. Boil until the salt is dissolved. Using a syringe draw up the solution and squeeze into the nose over a sink. Some of the solution will come out the mouth. Repeat this method until you feel the solution in your throat. It may take a few times. This will help in keeping the sinuses clear and keep the mucus draining.

## Sinusitis treatment using V8 Juice

Get a large glass of V8 type juice. To this add 1 to 2 tablespoons of freshly squeezed lemon juice, 1 or 2 cloves of fresh garlic and a couple of dashes of hot sauce. Heat it up and drink it hot. This will give you tons of vitamin C, the garlic is a powerful germ killer and is great for the immune system and the hot sauce clears the sinuses immediately.

## Sinusitis Tips

The American Journal of Respiratory and Critical Care Medicine recently reported on research done at the Karolinska Hospital in Stockholm, Sweden, that found that people who hum exhale 15 times more nitric oxide from their nasal passages than non-hummers. Nitric oxide helps blood vessels relax, thereby reducing swelling in the nose and improving the flow of blood. The increase in air flow due to the humming also helps to ventilate the sinuses, which may decrease the susceptibility to infection.

Massaging your sinuses by pressing your thumbs firmly on both sides of your nose, holding for 15 to 30 seconds, releasing, then repeating, will temporarily relieve sinusitis because it brings a fresh supply of blood to the area.

## APPLE CIDER VINEGAR\*

Organic Apple Cider Vinegar is our favorite remedy for stopping sinus infections. We wish more people knew about this amazing home remedy for sinus infections. The idea is to take apple cider vinegar before the sinus infection occurs, which for most people is at the start of allergies, colds, flu, etc.

We have found that when apple cider vinegar is taken either as a daily tonic or at the first sign of an allergy or cold (i.e., sinus headache, stuffy nose, watery eyes), one can completely stop the histamine response or allergic reaction.



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There are a couple ways you can drink apple cider vinegar (aka ACV). One way is to put 1/8 to 1/4 cup ACV in 16 oz of water and sip it throughout the day. The other method is to gulp 2 TBLSP of ACV in 8 Oz of water all at once.

If you have an existing sinus infection, keep drinking a mixture of ACV and water throughout the day for several days.

Please remember -- the key to success is to use apple cider vinegar before a sinus infection appears (i.e. during the first stages of a flu or allergy attack, or after you've eaten a bowl of ice cream).

## **SPICY TOMATO TEA\***

Jean, from Wisconsin sent us this remedy. Apparently it works wonders! After drinking this recipe hot, writes Jean, "... your sinus congestion will disappear REAL fast. All these ingredients not only work on the immediate symptoms, but add plenty of vitamin C to fight a cold, and garlic to fight infection."

Recipe:

Add 1 cup tomato juice, 1 tsp chopped fresh garlic, 1/2 tsp of hot sauce, 1 tsp lemon juice, and a pinch or two of celery salt for flavor. Heat ingredients and drink hot.

## **Sinus Flooding\***

**IT REALLY WORKS!**

Upside down Sinus Flooding treatments have cured my Sinus infection problems.

My chronic Sinus infection ( sinusitis ) problems were cured by flooding my nasal passages with peroxide, baking soda and kosher salt after first using antibiotics to get rid of my Sinus infection. I don't believe that flooding is effective against established infection, but it is effective against the germs that cause infections.

Mixture:

- 3% Hydrogen peroxide: One part.
- Baking soda: One or two pinches.
- Kosher salt or sea salt: One pinch.

I buy a cheap, salt and pepper set. I use a drill to widen the holes in

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the tops, and I use them to add the baking soda and kosher salt to the mixture.

- Filtered water: Ten to forty times as much water as peroxide.

The Sinus Flooding process:

- I place a towel and a tissue nearby.
- I stand over my sink and point my forehead down into my sink.
- I forcefully spray the mixture into each nostril to force the antiseptic mixture around any swollen turbinates or polyps.

After my Nasal Passages fill up, additional spraying may cause the mixture to come out the other nostril.

I make sure that the container tip is firmly implanted in my nose so that it's difficult for the liquid to come back out of that nostril.

- If it stings, I wait for the stinging to subside and then repeat the forceful spraying, into each nostril, until the sprayer is empty.
- I keep my head down for a few minutes to let the mixture seep into all areas.

A lot of the mixture can foam out of my nostrils, down my forehead, and into the sink. A little messy. I keep my eyes closed so that it doesn't drain into my eyes.

- I lift and tilt my head upwards, while it's over the sink, and let my nose drain.

The discharge can look pretty bloody, foamy and nasty. Since my nasal membranes have healed, there is much less foam and NO blood.

- I then stand up and use the tissue to clean my forehead of foam and discharge.
- I don't blow my nose for a few minutes.

## Oil Pulling\*

Angel from Troy, USA writes: "I have been oiling pulling for 3 weeks now after accidentally coming across this web page. I was suffering from a sinus infection for 3 months and taking dayquil everyday just to get through the day. After one time of OP my sinus drained immediately, I didn't have to wait. I stopped the meds that day, continued to OP, mucus pulled out everyday. I am amazed. Also my teeth, gums, and tongue are cleaner than ever. A couple of things I didn't expect: My energy has skyrocketed, even in the morning (its been at least 20 years I have had energy like this without caffeine). Also I don't crave caffeine, sugar, salt. I sleep restful and don't need as

much sleep. My skin is as soft as a baby. I was hooked on monster energy drinks, I drank at least 3 aday, but none since OP. God gives us the tools to heal ourself, we just have to use them. Thank-you."

#### OIL PULLING INSTRUCTIONS:

NOTE: These are instructions from India in which only 2 types of oil can be used. However, as you will read below in our Reader Feedback section, people are experimenting with different oils, adding anti-bacterial and anti-viral oil essences. Soon we might have a purist vs. renegade oil pulling battle!

First thing in the morning, before brushing your teeth, eating or drinking, take 1 TBSP of either sesame or sunflower oil. Put the oil in your mouth, tilt your chin up and slowly swish, suck, chomp and pull through the teeth. Do this for at least 10 minutes. 15 - 20 minutes is better. You want the oil to become a thin, white foam when you finally spit it out. If it's still yellow, you haven't done it long enough.

You can do this 2 more times during the day if you want to detox faster. Make sure you do it on an empty stomach, however. Spit it out in the toilet when your mouth is full and rinse your mouth out well.

Follow by drinking 2 - 3 glasses of water.

**DO NOT SWALLOW THE OIL.**

It now contains parasites and bacteria!

**DO NOT GARGLE IN THE THROAT. THE OIL IS MEANT TO BE SWISHED IN THE MOUTH ONLY.**

**DO IT SLOWLY.**

#### HOW IT WORKS:

The oil pulls all mucous, bacteria and toxins from your body through your saliva. According to Ayurvedic medicine, mucous is a poison that must be removed.

Note #1:

Keeping the chin tilted up makes sure the oil gets to the back molars.

Note #2:

The old school says that only sesame and sunflower oils produce favorable results. However, our readers report success using other

oils too.

Note #3:

If after meals, wait at least 4 hours before you Oil Pull. After drinking, wait 1 hour.

Note #4:

A worsening of symptoms is an excellent indication that the disease/ ailment is being cured.

Note #5:

Do not stop Oil Pulling if you feel aggravated symptoms or heightened side effects after a day or two. Your body is healing.

Note #6:

Will your dental fillings fall out? It's possible but highly unlikely unless there is pre-existing damage or loose fillings.

The oil will start to thin out after a few minutes because saliva is constantly being mixed in and swished about.

## **CURING DIFFICULT or STUBBORN SINUS INFECTIONS\***

If antibiotics and/or the above home remedies are not curing your sinus infection, you need to take a look at your diet and eliminate all the mucous forming/thickening foods or drinks. Milk, citrus, spicy foods, wheat, cheese, etc. are usually the culprits. Try eliminating them from your diet for a few days.

Then try all of the following:

\* Grapefruit Seed Extract -- your sinus infection may disappear after a couple of days of grapefruit seed extract. We like the drops, but be forewarned -- this tastes terrible!! Also, never take it on an empty stomach (especially first thing in the morning).

\* Potassium supplements -- dries up mucous.

\* Drink apple cider vinegar throughout the day in large glasses of water (ACV thins mucous).

\* Run a hot shower run onto your face (forehead and nose) and then clear all the mucous from sinuses. Do this several times a day.

You should see improvement within a day or two.

\* Source: <http://www.earthclinic.com/>