

Natural Sinus Program

Note that chronic sinus problems may be from food intolerance, including problems with gluten. Avoiding gluten in all foods may be necessary if no other remedies seem to work.

GOAL:

TO ADDRESS SINUS PAIN, RUNNY NOSE, SNEEZING, CONGESTION

TRIAL PERIOD:

FOR 21 DAYS, FOLLOW THESE DIETARY SUGGESTIONS with supplements (listed to the right)

EAT ORGANICALLY GROWN FOODS (IDEALLY) ONLY FROM THESE CATEGORIES (NO OTHER FOODS OR DRINKS DURING THIS DIET):

Symptoms of sinus problems include:

- stuffiness in your head
- pain ranging from discomfort to serious headache
- runny nose
- sneezing
- feeling like you have the flu or a cold
- sinus drip that often causes bad breath
- discharge of mucous
- watery eyes

FACTORS TO AVOID DURING THIS PROGRAM (see note above regarding gluten):

- eggs, milk, chocolate, cream, margarine, cream cheese
- all strong smells (perfumes, glues, etc.)
- dust and pollution (avoid as best as possible)
- plant pollen (stay indoors if plants are in bloom)
- drugs (check side effects with your doctor or the PDR)
- cigarette smoke and environmental smoke (fireplaces, forest fires, etc.)
- artificial ingredients in foods (chemicals, trans fats, etc.); eat only **ORGANIC**
- fried foods & bad oils (trans fats, canola, cooked oils,, etc.): USE ONLY **ORGANIC BUTTER**
- fatty foods (meat fats, creamy foods, sauces, gravies)
- refined sugar (avoid soft drinks, powdered drinks, syrup, and all desserts)
- All drinks except organic green tea, decaffeinated tea and water
- Processed food (foods in packages except for grains):
this includes chips, boxed cereals (organic oatmeal is okay), canned soups, canned food, crackers, snack foods, junk foods

AT THE END OF THE PROGRAM:

After this diet, switch to a maintenance schedule of NutriPlex Formulas' whole food supplements: SuperGreens and CaroC (6 tablets a day, each) add only real foods which do not include margarine, artificial ingredients or other nonfoods. Add no more than 1 new food every 5 days. Do not eat/add any foods in packages that contain artificial ingredients on the label/packaging to avoid consuming chemicals. Organic produce is preferred to avoid pesticides.

Sinus Infections—Antibiotics Not Always the Answer

Using a neti pot or bulb syringe to cleanse the nasal passages and sinuses is highly effective for treating both acute and chronic sinusitis. Identifying and treating food allergies and intolerances can also be helpful, especially for chronic sinusitis. (Arch Otolaryngol Head Neck Surg 2007;133:260–5)

“Although the majority of sinus infections are not caused by bacteria, antibiotics (which kill only bacteria) are the most commonly prescribed drug treatment. “[An] important possibility is that many patients have self-limited disease that will resolve regardless of treatment.” In other words, even though the antibiotics appear to have cleared up the infection, it might have happened just as quickly with no treatment at all. There are concerns about the overuse of antibiotics and the resultant problems, including drug resistance and increasingly virulent bacteria.” (Beauchamp)

Supplements for this program:

InflaPlex: 6-10 /day
UltimateDefense: 6 tablets/day
SuperGreens
PhytoFood: 1-2 T per day
DigestPlex: 1-2 with each meal

AVOID FLUORIDE & CHLORINE:

toothpastes, drinking water, fluoride treatments, swimming pools, canned sodas, etc., according to new research by biochemists, medical doctors and dental researchers who show interference with thyroid function and more... "Fluoride is an acute toxin with a rating slightly higher than that of lead," according to "Clinical Toxicology of Commercial products," 5th Edition, 1984
References:
** Acres, USA, March 2000
•<http://www.ecomall.com/greenshopping/fluoride.htm>
• fluoridealert.org

SOURCES:

Beauchamp, ND, Kimberly, "Sinus Infections — Antibiotics Not Always the Answer," Healthnotes Newswire; April 5, 2007
foodintol.com