



What is Nasal Congestion?

Congestion is also referred to as a **stuffy nose**, **nasal obstruction** or **nasal blockage**. This condition causes blockage of the nasal passages when the lining of the membranes in the nose become swollen and inflamed.

Nasal congestion is often caused by a viral infection. People who have allergic reactions, colds and flu are no doubt familiar with that feeling of congestion. It can **severely affect infants in their first few months of life**, by not only causing breathing difficulties but also problems with breastfeeding. It affects speech and hearing and may also cause sleep disorders such as snoring and sleep apnea.

Older children who may develop **nasal congestion from enlarged adenoids** may experience sleep apnea or heart failure, but with surgery, this problem can easily be corrected. Once you have determined the cause of congestion, there are a number of treatment options available.

Symptoms and signs

The common symptoms and [signs of nasal congestion](#) include:

- Common colds or flu are often associated with a clear, watery discharge together with cough, headache, joint and muscle aches or sore throat
- Hay fever is often associated with a clear, watery discharge, sneezing and itching eyes
- Sinus infection is often associated with a thick, yellowish-green nasal discharge and pain around the eyes and forehead
- Vasomotor rhinitis is often associated with sneezing, itching eyes, stuffy or runny nose

Diagnosing Nasal Congestion

In order to confirm the [diagnosis of nasal congestion](#), your health practitioner will check your symptoms as well as perform a physical examination. A thorough check of your ears, nose, throat and **upper respiratory system will be done**. Certain tests such as allergy skin tests, blood tests, sputum or throat culture, x-rays of the sinuses, chest x-ray and immunoglobulin tests may also be ordered to confirm the diagnosis.

What Causes Nasal Congestion?

The [causes of nasal congestion](#) include:



The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- Common cold or flu
- Allergic reaction
- Hay fever
- Sinus infection or sinusitis
- Vasomotor rhinitis

Help for Nasal Congestion

Over-the-counter medication such as decongestants and **antihistamine pills usually helps to relieve congestion**. Be careful not to abuse these types of medications, as they have some harsh side effects such as swelling in the nasal passages, and may also cause drowsiness.

More gentle solutions are often more helpful to make breathing more comfortable – apply a warm, moist towel to your face or **inhale steam, prepare your own saltwater solution** by mixing a ½ teaspoon salt to two cups of water, eat warm chicken soup or place breathing strips across the bridge of your nose. If a baby experiences congestion, an infant nasal aspirator is used to remove excess mucus. If the symptoms of congestion become more serious, stronger, prescription medication will be prescribed.

Natural Remedies

Herbal and homeopathic remedies are an effective **natural alternative for congestion relief**. These remedies are safe and gentle for the body without the harsh side effects of conventional medication.

Two well known herbs such as Quercetin contain anti-oxidants and help to boost immunity and **promote healthy circulation** while Euphrasia officinalis (Eyebright) supports vision and eye health. Homeopathic ingredients such as Arsen alb, Nat. mur. and Kali mur. benefit the skin, nervous system and liver health.

Tips to prevent nasal congestion

- Eat a healthy, well-balanced diet that contains vegetables and fruit to boost your immune system
- Exercise regularly
- Get as much sleep and bed rest if you are ill
- Drink lots of water and fluids which thins the mucous and increases moisture in the body
- Avoid caffeinated beverages such as coffee, tea or cola, as they cause dehydration
- Wash your hands thoroughly before eating and after playing with pets, using the bathroom and leaving public areas
- Use a vaporizer or humidifier to increase moisture indoors
- Inhale steam from a basin of hot water or shower to loosen mucous and moisten the throat
- Avoid irritants such as tobacco smoke, chemical fumes and pollution
- Reduce your intake of alcohol as this causes the nasal membranes to swell

The Natural Approach



NativeRemedies
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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical

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[Native Remedies - Natural & Herbal Remedies](#)

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research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

AllergiClear: Stay allergy-free using natural immune system support


AllergiClear is a 100% natural remedy developed by experts in the field of natural health and especially formulated to **support a healthy immune system as well as respiratory and skin health.**

AllergiClear is a compound remedy containing herbal and nutritional ingredients known for their positive effect in **maintaining histamine levels within the normal range** and supporting clear eyes, noses, sinuses and healthy problem free skin.

Taken regularly, AllergiClear can make all the difference and help you to enjoy the outdoors once again!

[Learn more about AllergiClear](#)

Congesto-K Pillow Spritzer: Promotes clear airways and entire respiratory



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tract health in adults and children.

Congesto-K Pillow Spritzer is an **aromatherapeutic pillow and space spray** with wonderful properties for chest and respiratory tract health in adults and children. This natural combination of pure, therapeutic essential oils will **help to keep the airways clear and support the comfort of the entire respiratory tract**, including nose and chest, keeping breathing easy and normal. The aromatherapy ingredients of this unique spritzer spray are also **well-known for their relaxing properties**.

Congesto-K Pillow Spritzer is safe and effective to use as a pillow spray for adults, children and babies from the age of 6 months. For babies under 6 months, Congesto-K is safe to use as a space spray in the bedroom. The pleasant fragrance and therapeutic properties of this **aromatherapy mist will soothe your little one**. It will also help to maintain normal easy breathing and a good night's sleep.

[Learn more about Congesto-K Pillow Spritzer](#)

SOSHistaDrops: Helps maintain healthy, clear eyes and noses during the allergy season

SOS HistaDrops combine natural ingredients known for their ability to **maintain balance in the immune system** and to support histamine levels within the normal range – supporting clear eyes, noses and easy breathing.

Manufactured in a fast-acting tincture formula, SOS HistaDrops provides on-the-spot support when you need it. This safe and **effective natural formula can be used by adults and children**

[Learn more about SOS HistaDrops](#)

Sniffly Sprinkles: Homeopathic remedy temporarily relieves stuffy nose and chest congestion for easy breathing

Sniffly Sprinkles is a safe, non-addictive, natural remedy containing *100% homeopathic ingredients* especially selected to temporarily **relieve a stuffy nose and chest congestion for easy breathing**.

Sniffly Sprinkles is a *registered OTC homeopathic remedy* to address acute cold symptoms such as a **blocked, stuffy nose, sniffles, sneezes, and congested chests** and is particularly effective for children and infants.

Sniffly Sprinkles is taken internally and works quickly for short-term relief of irritability and to assist the body in the **expulsion of mucus and phlegm**. Sniffly Sprinkles may be taken at the first signs of the sniffles for quick, effective relief, without side effects.

Sniffly Sprinkles is presented in small pleasant tasting granules that are easy to ingest and hassle-free with **no artificial colors or preservatives**.

[Learn more about Sniffly Sprinkles](#)

Read the testimonials for these quality products [here!](#)

herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



Read more about the Native Remedies Full Spectrum Approach™

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