



What is Sinusitis?

Sinusitis is a condition which describes inflammation **of the lining of the sinus passages** caused by bacteria. Your sinuses refers to the air chambers in the bone behind your eyebrows, cheeks and jaw. Normally, mucous cleans the bacteria and other particles that collects in the sinuses. With the help of tiny hairs called cilia, mucous is moved out of sinuses so that it can drain into the nasal passages. However, when you have a cold or allergy attack, your sinuses become inflamed or infected and drainage cannot occur.

There are two types of **sinusitis** – **acute bacterial sinusitis** and **chronic sinusitis**. Acute bacterial sinusitis is an infection of the sinuses caused by bacteria and usually starts with a cold, allergy attack or as a result of environmental irritants. **Chronic sinusitis** is characterized by frequent bouts of **sinusitis** which lasts for three months or more.

More than 30 million people in the United States experience sinusitis each year. It affects all age groups, although certain groups are more prone to the condition. These groups include people who suffer from allergies, asthma, have a weak immune system, nose injury, are born with narrow nasal openings or smoke.

If left untreated, **sinusitis can become serious** and lead to eye infections or meningitis This spread of infection is very rare, as there are a number treatment options available to manage and **control sinusitis**.

Symptoms and signs

The most common symptoms and **signs of sinusitis** include:

- Pain or pressure in the forehead, eyes or cheeks
- Post nasal drip
- Stuffy nose
- Runny nose
- Fever
- Headache
- Aching in the upper teeth
- Sore throat
- A cold that seems to get better, then worsens

Diagnosing Sinusitis



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.

The [diagnosis of sinusitis](#) is based on your physical symptoms, examination and medical history. Sometimes, a CT scan may be ordered for a more accurate diagnosis. In more extreme cases, your doctor may refer you to a specialist in nasal disorders called an otolaryngologist.

What Causes Sinusitis?

[Sinusitis](#) occurs as result of swelling **in the sinus passages** or if anything prevents the cilia from moving mucous. There are several factors that contribute to [sinusitis](#) developing and these include:

- Bacterial or viral infection, especially after you have a cold
- Allergy attack
- Changes in temperature
- Air pressure
- Pollution
- Chemical fumes
- Smoking
- Swimming or diving
- Excessive use of decongestant nasal sprays

Help for Sinusitis

Various treatment options can help to relieve symptoms of pain and inflammation in the sinuses and nose and speed recovery. If a [sinusitis](#) flare-up occurs, over-the-counter medication such as acetaminophen can help for **pain and a saline solution** to rinse your sinus passages.

Your health practitioner may prescribe antibiotics or a decongestant – it is very important take the full course of antibiotics administered and not to use the decongestant for more than three days as this **may worsen the swelling in your sinuses**. Drinking plenty of fluids and applying a warm, moist towel to your face or inhaling steam can also open up your sinus passages. However, if nasal obstructed cannot be corrected by medications, surgery may be recommended.

Natural Remedies

Natural and holistic treatments have been used for centuries to **reduce the symptoms of sinusitis**. Very often conventional medications have harsh side effects and using more natural alternatives like herbal and homeopathic remedies are much safer and gentler for the body.

A highly effective herb is Quercitin which contains anti-oxidants and helps to **promote healthy circulation and boosts immunity**. Another carefully selected herb is Euphrasia officinalis (Eyebright) which is beneficial for good eye health. In addition, homeopathic ingredients such as Arsen alb, Nat. mur. and Kali mur. help to maintain the skin and nervous system as well as liver health.

Tips to cope with sinusitis



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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.

There are a number of things that you can do to minimize episodes of [sinusitis](#) and they include:

- Eat a healthy, well balanced diet that contains plenty of vegetables and fruit to boost the immune system
- Drink lots of water which prevents congestion, drains the mucous and increases moisture in the body
- Avoid caffeinated beverages such as coffee, tea or cola, as they cause dehydration
- Drink honey and lemon in hot water
- Practice good hygiene habits by washing hands thoroughly with water and soap
- Avoid contact with people who have colds and flu
- Use a humidifier in your home to moisten the air
- Install air conditioners to stabilize the temperature
- Attach filters to heaters and air conditioners to remove allergens from the air
- Avoid cigarette smoke and other air pollutants which aggravates the sinus lining
- Reduce your intake of alcohol as this causes the nasal membranes to swell
- Inhale steam by leaning over a bowl of hot water for a few minutes to loosen mucous and moisten the throat
- Avoid swimming in chlorine treated pools and steer clear of diving as it causes sinus infections

The Natural Approach

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

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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 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.



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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 KiddieRub: Promotes nose and chest clarity in children to maintain relaxed, easy breathing.

Congesto-K KiddieRub is a **pure aromatherapy chest massage oil for children.** This natural combination of pure therapeutic essential oils will **help to keep your child's chest and nose clear and open, and to maintain relaxed, easy breathing.** The aromatherapeutic ingredients are also known to support strong immune systems.

Massage helps to soothe children and lift their spirits, providing the comfort needed – especially at night. Congesto-K KiddieRub is safe and effective for children and babies from the age of 6 months. For children younger than 6 months, our [Congesto-K Pillow Spritzer](#)[™] may be used a space spray in the bedroom at night or while sleeping.

[Learn more about Congesto-K KiddieRub](#)

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**

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.](#)

[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 Spinkles 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!](#)



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