

The Natural Treatment for SINUS CONGESTION and SINUSITIS

Have you ever met someone and thought after talking to them for a few minutes that wow, they must have a hole in their head? They do and so do we all! They're called sinus cavities. The human skull has four major pairs of hollow, air-filled sacs called sinuses. They are connected between the nostrils and the nasal passage. No one really understands why we have these hollow cavities in our skull. Maybe it helps to insulate the skull, or allow the voice to resonate within it, or perhaps just to reduce the weight of the skull. Whatever their purpose is, they sometimes can be a pain especially when you end up with a sinus infection or what is commonly known as sinusitis, an inflammation of the sinuses and nasal passages. The sinuses are lined with a defense mechanism against foreign bacteria. At times we may have an overgrowth of harmful bacteria in our nasal passages which may leak into the sinuses. Acute sinusitis is usually associated with a viral infection in the upper respiratory tract, but allergens can also trigger acute sinusitis. When a viral infection is acute, it may cause damage to the cells of the sinus lining which leads to inflammation and pain. When we have chronic sinusitis, the normal cause is from a group of bacteria that can live without oxygen such as staph and anaerobes. Streptococcus is also a leading cause of sinusitis. If you are plagued with sinusitis, whether acute or chronic, based on health experts, you are one of 37 million Americans who are affected by sinusitis every year. Physicians annually report nearly 32 million cases of chronic sinusitis to the Centers for Disease Control and Prevention. Americans spend \$5.8 billion each year on health care costs related to sinusitis.

Symptoms: One of the most common symptoms of sinusitis, and the location of that pain, depends on which of the sinuses is affected. Most people with sinusitis experience pain or tenderness in several locations and their symptoms usually do not indicate which sinus is inflamed. Not only will they experience pain but people with sinusitis frequently have thick nasal secretions that are yellow, green and some even spotted with blood. Almost all will experience post nasal drip, drainage in the back of the throat which are very difficult to get rid of, and also commonly will experience a stuffy nose, headache and fatigue as well as a general feeling of congestion over the entire face. Other decreased symptoms are a loss of taste and smell, a cough that may be more severe at night, sore throat, bad breath and fever. There are

many drugs on the market that are available for treating sinusitis.

Studies: However recently, new studies show that natural encapsulated essential oils can heal the inflammation, destroy the harmful bacteria and maintain a healthy mucus membrane throughout the nasal passages and the sinuses. One of the studies involved the use of eucalyptus oil which has anti-inflammatory and decongesting properties and antioxidant activity, and has been used traditionally to treat asthma, nasal congestion, runny nose, cough, sore throat and sinusitis. The main properties of eucalyptus are antitarrhal, mucolytic, expectorant, respiratory antiseptic and as a very effective antibacterial, antiviral and antiparasitic. The study results on eucalyptus show that it can relieve the symptoms of acute sinusitis more effectively than a placebo. Another essential oil that has been well studied and has been sold in Europe for more than 75 years is Myrtle essential oil. The summary of the study indicates that patients who were treated on

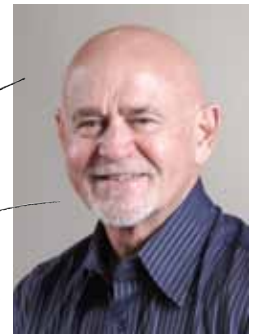
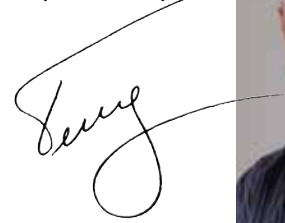
Look for this formula at your local health food store:

Eucalyptus (*Eucalyptus globules*) containing 70-85% 1,8 cineole, Myrtle (*Myrtus communis cineole*) containing alpha pinene, 1,8 cineole, Extra Virgin Olive Oil, 320 mgs

the average of six days with either Myrtle essential oil or a placebo found that Myrtle essential oil was significantly superior to the placebo. I believe the results of these two studies, and the use of these two essential oils in Europe, support their value as an effective treatment in acute, uncomplicated sinus infection instead of antibiotics as a first choice.

Chronic Sinusitis. There is no known medical cause for chronic sinusitis. However, the condition often occurs in people with asthma and the majority experience allergies. Experts believe there is a possibility that constant exposure to inhaled allergens that are present year round, such as house dust mites, pets, mold and cockroaches, can cause chronic inflammation of the nasal passages and sinuses. I have personally witnessed a reduction of sinusitis with the elimination of certain foods. The most common foods which can affect a more frequent sinus condition are wheat, all grains containing gluten, and dairy foods. Eliminating these foods may not necessarily eradicate sinusitis but

To your good health,
Terry... Naturally



they can help increase recovery time significantly. While airborne allergens can have a significant affect to cause sinusitis, food allergens can have the same affect. Through trial and error you may find a food that is your favorite, and eaten frequently, may be your downfall. Try eliminating the offending food for several weeks and you may be quite surprised at the improvement in the health of your sinuses. I'm not aware of any studies that can support this, but from my personal experience and witnessed over the years from those I have counseled, there has been a significant improvement by a change of diet.

Essential oils of eucalyptus and Myrtle contain powerful active components such as 1,8 cineole, alpha pinene, limonene and globulol. Eucalyptus and Myrtle essential oils have regenerative effects on pulmonary tissue, aid chronic bronchitis, catarrh, coughs, sinusitis, flu, throat infections, pneumonia, deep lung congestion and assist in reducing swollen lymph nodes. A combination of these two essential oils would create a powerful formula for supporting the sinuses and upper respiratory tract including the bronchi. If a serious infection is present and your doctor prescribes an antibiotic, the essential oil formula can also be used to assist in cleansing the sinuses in reducing the congestion. It would not be wise to use essential oils during the first three months of pregnancy. Whenever you have concerns as to your choice of treatment, consult your physician. By using a formulation containing a combination of essential oils of eucalyptus and Myrtle, you will, experience a reduction of congestion in the upper respiratory tract and sinuses, breathe easier, have a reduction of nasal congestion and head stuffiness, and have the ability to focus and concentrate more clearly. TM

When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.

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