



# Sinus

(a snotty story)



**A healthy body does not** produce phlegm, itch, swell or pain chronically.

Inflammation is the root cause of all pain. Natural inflammation that comes with an injury is a part of the healing process. Chronic inflammation is a red light that the body is not well. **Putting a plaster on** this will cause more serious diseases. To medicate without getting to the root of a problem is not worth much, except for relieving symptoms over the short term. Remember that it took time to get to a bad place of not feeling well and it will take time to get to a place of feeling alive and well. **You are healed when you are symptom-free without medication.** Once again, there are no magic potions. If you don't address the reason that got you to where you are, how will you reverse the process? Our lifestyle, stress and toxins directly affect our health.

The most important thing to do is to **stop poisoning yourself!!!** Please remember that sugar breaks down your immune system! Eat fresh fruit, vegetables, wholefood grain and protein. Drinking plenty of **water** every day is essential for all body functions including the **regulation of histamine levels.**

## Histamine

- ✿ A chemical is created in the body when the immune system is defending against a potential allergen. It is a natural process and **the bodies way of letting you know** you are allergic to something. This release can result in an allergic reaction from allergy triggers in the environment surrounding you or something you consumed. Histamine is associated with common allergic responses and symptoms such as headaches and migraines, nasal congestions and sinus issues, fatigue, digestive issues, nausea, vomiting, irregular menstrual cycles, itching and rashes.

## Histamine free diet

- ✿ Certain components within these foods can trigger the direct release of histamine. Avoid wines (ones that contain sulfites), fish, pork, aged - meats, sausage, salami, cheese, citrus fruits, papaya, strawberries, pineapple, peanuts, tomatoes, spinach, dairy products such as yoghurts, sour cream, and chocolates. Also avoid canned foods, ready to eat frozen meals, preservatives, food colourings and yeast extract. Finally bread and pasta (gluten).

## Natural antihistamines

- ✿ Quercetin can assist with allergies by inhibiting histamine release. It is also helpful for inflammation, relieves pain, is anti-viral, collagen strengthener and antioxidant.
- ✿ Vitamin C is a **natural antihistamine**, which will lower the intensity of a reaction to a possible allergen. Vitamin C is also a very strong antioxidant, preventing and limiting the damaging effects of oxidative stress, which has been linked to many chronic diseases. It also helps to encourage the production of white blood cells, protecting the body against infection. Vitamin C also shortens the recovery time after illness.

**If you take antibiotics for a sinus infection, be sure to replenish your microbiome with probiotics for a period.**

### **Herbal remedies**

- ✿ **Ginger tea** can alleviate nasal congestion and headaches. While you sip your tea, inhale the steam coming from your cup. You can also pair it with other herbs such as Turmeric, which is also a powerful healer.
- ✿ **Sinus oil** (Willow) is a mixture of essential oils that relieve blocked nose and symptoms of sinusitis.
- ✿ **Sinus formula** (Willow) is a formulation of Ethanolic Extracts that have been known to provide support for Sinusitis. The dosage can vary from every 2 hourly to 3 times per day, depending on the severity of the symptoms.
- ✿ **Sinus complex** (Kura), from the Phyto Energetics company. The complex tincture has been used in the effective relief of symptoms of sinusitis. They make use of a spray top for effective dosing.
- ✿ **Colloidal silver nose spray (ECS)** is an antimicrobial nasal spray. Used to control pathogenic growth in the sinuses and nasal cavities. Useful in relieving blocked nose and promoting better nasal breathing.
- ✿ **Allergon** (Willow), is a formulation of Ethanolic Extracts and Homeopathic remedies. It is used to treat sensitivities and allergies of all kinds. Lowering Histamine levels and phlegm production.
- ✿ **RESPIR-EZE:** Because of constant phlegm production and sinusitis, the postnasal drip can lead to bronchial irritation, leading to symptoms of asthma and shortness of breath. The suspension can calm an irritating cough, aiding in better sleep and rest and ease recovery. Also great for hay fever, sore throat and loosening phlegm.

### **TIP!**

Do not use force when blowing your nose, as this forces mucus back into the sinus cavities.

Instead, draw secretions to the back of the throat by sniffing, then expel them.

If nasal secretions turn clear after a week, you probably do not have an infection; if the mucus is greenish or yellowish, you probably do. If secretions are clear and you have no other symptoms of a cold, you probably have allergies. Also, see the blog on Candida and Leaky gut for chronic sinus problems.

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Please Note: This pamphlet only provides information and is not for diagnosis or treatment of specific illnesses. Pregnant woman, those sensitive to specific herbs, on prescription drugs / medication should first consult their practitioners before taking any herbal remedies. Tell your doctor if you are using herbs and natural supplements before going for surgery as they prevent blood from clotting. You are responsible for your own actions and decisions. Do as much of your own research as possible.