

Do You Have a Sinus Infection or Inflammation?

Sinus infections (sinusitis) affect over 39 million Americans every year. It typically occurs when the mucous membranes in your nose and sinuses become irritated by a cold, allergy, or pollution, for example, which then cause them to become inflamed. Once inflamed, the motion of your cilia (tiny hairs that coat the mucous membranes) slows down. Then the irritation stimulates your mucous glands to secrete more mucus than usual to dilute the bacteria. As a result, mucus gets trapped in your sinuses, where it can easily become infected.

Sinusitis is Often from Mold and Fungus or Viral Infection

The problem with sinus issues is that that they're very easily misdiagnosed. Recurring sinus problems and post-nasal drip can indicate that you're being affected by *mold or fungi*. You may also have a viral infection which needs immune support, not antibiotics.

Research done by the Mayo Clinic in the 1990s that strongly suggests NEARLY ALL chronic sinusitis is [caused by fungi](#), but blamed on bacteria—then mistreated using antibiotics.

The Mayo Clinic study suggests that *96 percent* of the people who suffer from chronic sinusitis are "fungal sensitized," meaning they have immune responses triggered by inhaled fungal organisms!

Antibiotics and steroids can actually worsen fungal-related infections by destroying the balance of good bacteria that helps fight off the bad ones. (gut and mucous membranes), creating an internal incubation ground for further fungal growth. The book, *Mold: The War Within* is useful.

How to Treat Sinusitis Without Drugs

Drink hot liquids, such as tea or hot chicken soup. It will help moisturize your mucous membranes, speeding up the movement of your cilia and thus washing mucus out of your sinuses more quickly.

Apply warm compresses to your face, three times a day for five minutes will help increase the circulation in your sinuses

Irrigate your sinuses. In a study saline irrigation (neti pot) was found to decrease nasal congestion more effectively than saline sprays. It thins mucus, decreasing swelling and removing debris, bacteria, allergens and inflammatory substances, decreasing swelling that makes it hard to breathe.

If using saline spray-Blow your nose well, spray up each nostril several times, go face down for a minute allowing the saline to flow forward into the sinuses.

To make your own saline solution, just add one teaspoon of himalayan or sea salt to one pint of distilled water. use a saline solution that does not contain benzalkonium, a preservative that can impair your nasal function and might sting and burn.

Clear your sinuses with an aromatherapy steam bath. a couple of drops of eucalyptus or menthol oil into a bowl of hot water, then breathe the vapors. Or Vick's VapoRub on your skin under your nose.

Unclog your sinuses with the right foods. Horseradish, grated on a sandwich, or some Japanese wasabi mustard can also help

Elevate your head when sleeping.

Dust your bedroom. Dust and dust mites can wreak havoc on your mucous membranes, especially when you're asleep and your cilia are at rest. Use a HEPA filter air purifier

How to Prevent Sinus Infections Before They Start

Poor food quality, excessive exposure to toxic chemicals and a high-stress lifestyle puts you at greater risk for not only sinus infection but all disease. Here are some of the basic strategies:

Avoid eating sugar or grains. That inc'ds juices and breads/cereals.

Take a high-quality animal-based **omega-3 supplement**, a potent anti-inflamm, Optimize your **vitamin D** level with a vitamin D3 supplement.

Consume **organic coconut oil**. rich in lauric acid, known for being antiviral, antibacterial and antifungal

Avoid eating these top 10 **mycotoxic foods** **Alcoholic beverages, Corn, Wheat Barley, Sugar, Sorghum, Peanuts, Rye, Cottonseed oil, Hard Cheeses**

Get **proper sleep**

Get regular **exercise**

Also consider Echinacea, goldenseal, astragalus, vitamin C complex, Zinc, etc.