

Special Report on Sinuses

Natural health care can help to end your suffering

Sinuses are air pockets within the skull. They are located around the nose and eyes. Each sinus is connected to the nasal passage by a small duct which allows mucus drainage and air exchange. These ducts are called *ostea* and each is about the size of a pencil lead.

About 34 million Americans suffer with sinus problems. Often a cold will plug up the *ostea*, preventing the sinuses from draining properly. The moist, warm, mucus-packed sinus becomes a breeding ground for bacteria. To the patient, it seems to be a cold that just doesn't go away. Chronic sinusitis produces pressure between the eyes, on the sides of the nose, or in the front of the forehead. There is a stuffy feeling, and the victim frequently has headaches. He or she often has a runny nose, sore throat, and/or a cough from the constant draining of mucus.

Frequently the sinus sufferer has repeat bouts of infection and takes antibiotics on a regular basis. This can create digestive problems or immune system problems. Repeated courses of antibiotic therapy can create dysbiosis (overgrowth of yeast or other pathologic microorganism in the intestine) and ultimately lead to other problems like headaches, fatigue, digestive problems and allergies.

Smoking, air pollution and environmental allergies can irritate the *ostea* and create the conditions for chronic sinusitis. Indoor air pollution can be much worse than outdoor air pollution (especially during the winter).

Chemical toxicity is a huge issue. Chemical exposure can cause a wide variety of symptoms, including fatigue, headaches, skin problems, digestive problems, recurrent Candidiasis, allergies and even cancer. Some occupations that involve chemical exposure are farmers, hairdressers, photographers, refinery and factory workers, airline employees, truck drivers, auto mechanics, painters, doctors and x-ray technicians.

Just living on Earth gives us a fair amount of chemical exposure. How close do you live to a highway or airport? Air pollution is concentrated in the cities, but exists throughout the country. Farmers use liberal amounts of pesticides on their crops and liberal amounts of antibiotics in their animals. The amount of chemical exposure Americans get is unprecedented in history. Cancers of the liver, kidney and lymphatic system are on the rise. For people who are chronically ill, people who have multiple symptoms, who may be described as "just plain sick," chemical toxicity is often one of their issues.

In the midst of this chemical bath we all are taking are people who suffer from many symptoms; they are like canaries. Coal miners used to take canaries into the mines; if the canary died, the miners knew that there were dangerous gasses present in the mine. In our society we have people who are exposed to the same chemical burden we all are. They, however, suffer with headaches, digestive problems, sensitivity to smoke and perfume, fatigue, muscle pains, joint pains, asthma, eczema, dizziness, back pain, neck

pain, edema, PMS and any number of other symptoms because they have trouble handling the chemical burden that we are all exposed to. They are like the canaries in the coal mine; they suffer before anyone else.

The "body burden" of chemicals is tested by the Atlanta-based Centers for Disease Control and Prevention every two years. It has found that the average American now has 116 synthetic compounds in his or her body, according to the Centers for Disease Control and Prevention in Atlanta. These include dioxin (from burning plastic), polycyclic aromatic hydrocarbons (from auto exhaust) and organochlorine pesticides. Of course there are about 75,000 different chemicals produced in the United States each year, 3,000 of which are produced in quantities greater than 50,000 tons each year. Chemicals that were banned decades ago persist in the soil, air and water. DDT, banned 34 years ago, still exists in detectable levels in many people. It would be interesting to see the CDC's result if all of these chemicals were tested for.

Recent studies have detected these pesticides, plastics and polymers not only in umbilical cord blood, but in the placenta, in human milk and in the bloodstreams and body fat of infants. These substances may have far reaching effects on our health. One toxin threatening mothers and children is mercury. Mercury has been linked to breast cancer, autism and attention deficit disorder. In 2002, a study found that nearly 15% of American women of reproductive age have enough of this contaminant in her blood to endanger a developing fetus.

Contact us to learn more about biodetoxification. We have a free audio CD available, or come into the office for a consultation. Isn't it time that you addressed the cause of your health problems and enjoyed permanent relief?

There are several things that you can do to help yourself:

- Minimize the amount of chemical and dust where you sleep. The room should have no carpeting; hardwood flooring is best. Do not store clothing, books or printed material in this room. Pure cotton or wool bedding should be used. The mattress and pillow should contain no foam. The room should be very sparsely furnished. If you have gas, forced-air heat in your home, it should be turned off in that room. Seal the vents and use electric space heaters in that room.
- If you have gas, forced-air heating, get your ducts cleaned. Many people who catch a cold every winter are actually victims of their ductwork. During the summer, moist, air-conditioned air goes through the ducts. In early fall, dust and mold collect in the ducts. When it gets cold, the heat is turned on and the dry, heated air blows dust and mold throughout the house. Many people who think they have a cold may actually be allergic to dust or mold. Some of these people are sick all winter long. Cleaning the ducts prevents this problem.

- Use a HEPA filter at home to clean up indoor air pollution. These are free-standing filters that remove dust, mold, pollen and smoke from the air. They are available in most appliance stores.
- Sinuses are often worse in winter when they are exposed to hot, dry, indoor heat. A humidifier is helpful (worth noting, if there is an allergy to dust mites, a humidifier may aggravate the allergy). Make absolutely sure that you change the water and clean the humidifier regularly. Saline irrigation can reduce pain and swelling in the sinuses and nasal passages.
- Blow your nose. Never sniff mucus back into your nose. It plugs the ostea and increases sinus pressure.
- If you smoke, quit.
- Make absolutely sure that you drink an adequate amount of water.
- Steam is very helpful. Long, hot showers, going into a steam bath or simply boiling water and inhaling the vapor through your nose will help your sinuses to drain.
- Come in for a consultation and we can help you with nutritional advice to help you and will help you with any allergy or Candida problems that you may have. Spinal adjustments are useful for improving function of the nervous system, thus improving the health of both the sinuses and the immune system. He or she may also help you to boost your immune system. Products like vitamins A, or C may be beneficial. Arabinogalactan powder is a powerful immune booster. Spinal manipulation to improve function of the nervous system, cranial work or other hands-on therapy may be an important part of restoring your health.

Here is the ad you can publish:

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