



Causes:

- Allergies (whether airborne and/or food)
- Candida
- Omega 3 deficiencies
- Heavy metal toxicity (e.g. mercury)

Treatment:

- Reduce Histamines:
  - Vitamin C (3000-5000 mg/day in 3 divided doses) to bowel tolerance only (i.e., back off slightly if causes diarrhea until formed stool restored)
  - Omega 3 oils (4 oz of fish/day or 3-4 caps of supplement)
  - Bioflavonoids: 1 - 3x/day with vitamin C
- Break up the mucus
  - Cytelplus or N-acetyl cysteine: 1 - 3x/day until mucus begins to run. This is an amino acid that dissolves mucus. Only to be used until mucus becomes runny; for instance, in a dry cough, stuffed sinuses, etc. Once mucus is liquidy, discontinue use. Note that product smells bad.
  - Physical therapy
    1. Salt water nasal douching with either a Neti pot, water pick, or Ocean spray nasal spray. Salt concentration should be 1 TBS/cup of warm water
    2. Steaming yourself (showers included)
    3. Humidify your bedroom
    4. Hot and cold compresses on your face, 2 to 3 times per day. Place hot compress on until it cools, then cold compress. Always end with cold (see instructions on basic hydrotherapy.)
- Anti-microbial: If you have a fever and/or yellow or green mucus, you may have a sinus infection. Therefore you need to treat with an anti-microbial agent. Antibiotics usually exacerbate the causative agent making candida, allergies, etc. worse. Natural remedies are not very effective either because it is hard to get to the sinus. It is strongly advised to do one of the physical therapies listed above to increase circulation in the sinus region to bring the medication there.
  - The only botanical medicines that are effective for support are goldenseal (hydrastis) and horse radish. So you should eat as many spicy foods as you can tolerate (e.g. wasabe, 3 star Thai or Indian food, anything that makes your sinuses run). Also, take goldenseal in high doses (e.g. 2 caps 4-5x/day)
  - Use of ephedra will dry sinuses up and therefore is only recommended when you must suppress symptoms for an approved reason (e.g. plane travel, must go to work, etc.). Consult your doctor before using ephedra, as incorrect usage may prolong the course of the infection or cause harmful complications.