People spend millions of dollars for over the counter medication to relieve sinus infections and sore throats. It is often the drip, drip, drip, from the sinuses that causes a sore throat or even lung problems, but if we fix the sinuses, the symptoms disappear. So how do you fix them?

Sinus infections are more prevalent than most physicians realize. In a research study performed at the University of Virginia in 1993, students who thought they had a cold were evaluated with CT scans, the most used diagnostic test for sinusitis. The scans revealed that an astounding 87 percent didn't have a common cold, but in fact, had a sinus infection!

Chronic sinusitis affects 17 percent of the adult population of the U.S. Physicians often treat sinus infections with antibiotics with mixed results. In 1999 Dr. David Sherris and his team at Mayo Clinic and University of Buffalo found the underlying cause wasn't an infection at all but an immune response to fungal organisms. His study showed that "fungal organisms were present in the mucus of 96 percent of patients who had surgery for chronic sinusitis, and that inflammatory cells were clumped around the fungi, which indicated that the condition was an immune disorder caused by fungus."

As it turns out, these fungus cause inflammation and the thickening of healthy mucus. The average human body produces about a liter of mucus per day. Nasal...
Mucus is clear and thin. However, during times of infection, mucus can change color to yellow or green either as a result of trapped bacteria, or due to the body’s reaction to viral infection. This excessive mucus is a breeding ground for bacteria and other airborne fungi. So if we can thin the mucus and apply nutrients that are antifungal and antibacterial in nature, we can really treat the cause and not just the symptoms. If you have a problem with sinus infections, give your Wellness professional a call. They may begin by asking you to reduce wheat and dairy.

I'm constantly surprised how eliminating wheat and dairy can fix many cases of sinus infections. For example, one of my patients struggled with painful sinus infections every winter. Our results were mixed until we did testing and realized how bad her sensitivities were. When she saw the allergy test results she was willing to give it a chance and eliminate wheat and dairy. 60 days later she was a new woman physically and emotionally. She was sleeping better, had more energy and in short, had her life back.

Also, your clinician can recommend a nasal lavage, which uses salt water or iodine solutions to thin mucus and soothe membranes. Your Wellness practitioner can advise you which nutrients have antibacterial and antifungal properties. Nutraceutical grade vitamins, trace minerals, antioxidants and botanicals are available that are designed to feed your immune system. By taking a wellness approach, and addressing the cause of sinus infections, not only will you be fixing the problem and getting relief for the present but you will be strengthening your immune system for future protection against colds and flu bugs.

If you are ready to get off of the antibiotic roller coaster or you are frustrated with over the counter drugs, there is a way. You've been through enough pain and discomfort already. Ask your Wellness clinician about sinus infections and get started with a "natural therapy" that promotes clear, healthy sinuses. Not only will you feel great, you'll breathe easier.