

Are you being troubled by Sinusitis?

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Are you being troubled by Sinusitis?

By Lisa Hyde-Barrett

It is said that around 30 per cent of all people suffer from sinusitis or sinus infection at least once

each year. Sinuses are little air pockets inside the skull bones. They are located to either side of the nose, behind and in between the eyes, in the forehead, and behind the head. Sinuses contain mucus that drains into the nasal passageways through pin holes in the sinuses.

A sinus infection happens when the paranasal sinuses on either side of the nose get inflamed. This happens during a cold or an allergy attack, when more histamines are produced in the paranasal sinuses. The inflammation blocks the narrow passageways, making the mucus collect there. This collected mucus soon becomes a breeding ground for bacteria. That's how a sinus infection begins.

The body produces histamines during allergic reactions. Histamines are neuro-transmitter chemicals. Though histamines are always present in our body, an allergy attack causes more histamines to be released at the site of the allergy attack. When a mosquito bites, for example, histamines are released at the area of the bite making the skin there turn red and itchy. When histamines are released, they cause inflammation and constriction of the muscles. The symptoms of a sinus infection begin with headache, facial pain, nasal congestion, fever, green or yellow discharge, a heavy face feeling, etc. The infection usually lasts for three weeks or more.

Structural problems such as deviated septum, nasal polyps, etc. are conducive to a sinus infection.

The cure for sinusitis is steam inhalation, nasal irrigation, hot fluids such as tea or chicken soup, and plenty of rest. Aspirin or paracetamol tablets and decongestants are some of the medicines commonly prescribed for sinus infections. If the symptoms continue for more than 48 hours, the patient should be started on antibiotics or nasal steroids. If you don't treat the sinus infection pretty early, it could even cause bronchitis and pneumonia and damage the sinuses and cheekbones. You would then have to go for nasal surgery to repair the damage.

When the sinus infection refuses to respond to medication, Functional Endoscopic Sinus Surgery (FESS) is the most efficient treatment. Prevention is always better than cure. Stop smoking, because smoking is one of the chief stimulants of sinusitis (sinus infection). Take an oral decongestant or a

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short course of nasal spray decongestant, especially before air travel. Drink plenty of fluids, so the nasal discharge remains thin, and use antihistamines for controlling allergy attacks. Allergy testing can also increase tolerance towards allergy inducing substances.

An allergic reaction is an unnecessary, and even dangerous, immune response that should be prevented. Antihistamines counteract these immunological inconsistencies. One of the factors that cause our immune system to go awry is the increasing presence of toxins in the environment. These toxins also touch off allergy attacks in the body.

Recent research has found that a new group of sugars called glyconutrients could represent the next frontier in building a robust immune system. Eight of these essential sugars have already been discovered. They play a major role in the some of the body's most fundamental chemical processes, and also have a role in keeping the human immune system in perfect order.

Consuming glyconutrients through natural dietary supplements could go a long way in regulating histamine-induced disorders and allergies, and in preventing sinus infections.

Lisa Hyde-Barrett, a registered nurse and wellness advocate, understands the relationship between good nutrition and good health. She's become passionate about the new research behind sugars, specifically glyconutritional products. Read more about these at

<http://www.eight-sugars.com>

Learn

more about sinus infection at

http://www.deadly-health-myths.com/sinus_infection.html

When Your Teenager Is Out Of Control: Troubled Teen Programs

By Paolo Basauri

Introduction to Troubled Teen Programs

More than ever, teens today are facing an uncertain future. With political instability across the globe and unrest in local communities, it's no wonder that our teens are confused and scared about their place in the world. Just as they are trying to find their own adult identity, the teenage body is hit with an influx of hormones and unsettling emotions that they don't know how to control. Because of this, teenagers are particularly susceptible to conditions such as depression, oppositional defiant disorder (rebelliousness) and numerous personality disorders. Adolescent frustration can easily lead to behavioral problems, if the teen doesn't receive appropriate counseling. Troubled teen programs exist to provide such counseling, and intervene before troubled teens can damage their future irrevocably.

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Who Can Benefit from Troubled Teen Programs

Many teenagers can benefit from the variety of troubled teen programs that are available. Whether you're teen is overtly rebellious, experimenting with drug use or promiscuous behavior, or has had trouble with the law, troubled teen programs can provide the tools to set your teenager on the right path. Troubled teen programs can reach your troubled teenager by teaching them to respect themselves and others, offering relatable testimonials and providing an objective outlook on how your teen functions. Whatever problems your teen may be facing, such as alcoholism, insecurity, or apathy, troubled teen programs can renew a positive outlook on life. These programs will help your teen, and your entire family, by bringing you all together.

Types of Troubled Teen Programs

There are many diverse troubled teen programs to address the many problems facing teens. Finding the program that best suits your teenager's needs is key to helping them out of their problems. Some typical troubled teen programs include:

* Residential programs - Similar to boarding schools, residential teen programs require the teen to live at the program facility. Residential troubled teen programs are especially helpful for teens that have been expelled from public schools or need a great deal of supervision. Residential programs can be general or cater to specific problems such as drug abuse.

* Wilderness programs - Wilderness troubled teen programs take the problem teenager out of the confusing modern world and bring them back to the basics. Removing the teenager from the influences of bad company, computers, cell phones and modern conveniences, allows wilderness programs to access the root cause of the teen's issues.

* Boot Camp/Military School (

<http://www.militaryschoolsboys.org/>

) - There are a number of troubled

teen programs that utilize the military approach to treating problem teens. Focusing on discipline and respect, boot camp style programs can build the character of a troubled teen while allowing him to gain much-needed self respect.

Where to Look for Help in Finding Troubled Teen Programs

Because each program is unique, it's important to carefully investigate your options before deciding on the program that is right for your troubled teen. Many programs can be investigated via the internet. Once you locate a program or programs that may be right for your teen, contact each organization to discuss your specific issues.

Paolo Basauri is an expert author who writes for

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<http://www.help-for-troubled-teens.org/>

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