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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**How To Cure Your Incurable Nasal Allergy**

**By Alexander Chong**

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Immunoglobulin E is an antibody, which is secreted from the white blood cell as a defense agent in our body. It helps us defending bacteria, viruses and other microorganisms, which attack our body. Once the immunoglobulin E attaches to the mast cell, histamine chemical will be secreted from this cell. Histamine is the main cause of nasal allergy. It causes the blood vessel in the mucous membranes swelling and leaking of fluid. Swelling causes congestion inside the nasal passages and the leaking of fluid causes runny nose. When the nasal allergy becomes critical, mucous membranes will become inflammatory and itching.

Because the main cause of the nasal allergy is histamine, therefore, scientist has synthesized a few types of antihistamine medications to block the reaction of histamine with its receptors on cells and reduce the severity of the allergic symptoms. These medications are like diphenhydramine, chlorpheniramine, fexofenadine, loratadine, cetirizine, terfenadine, clemastine and astemizole. Diphenhydramine, chlorpheniramine, cetirizine and clemastine will cause drowsiness. While, fexofenadine and loratadine will cause less drowsiness. Terfenadine and astemizole wont cause any side effect but they have interact effect with some of the antifungal and antibiotics medication

Besides, corticosteroids hormone is used to reduce the inflammation and itching in the nasal passages. Usually, inflammation is coming together with the nasal allergy. Actually, our body could secrete this hormone by itself from the adrenal gland. It controls the sensitivity of our body immune system. If the level of this hormone in our body is too high, it may cause our immune system inert to the attack from viruses or bacteria. If its level is too low, it will cause us become hypersensitive. Nasal allergy is due to the low level of this hormone. Therefore, applying this hormone onto the mucous membranes (topically) as a nasal spray or taken by mouth (orally) could reduce or prevent inflammation of the nasal mucous membranes by altering the actions of various cells of the immune system. Nowadays, this hormone is the most common medication that the medical doctor will prescribe to the patient who suffers critical nasal allergy. However, utilizing this hormone too frequent could cause some side effects such as burning sensation in the nose, unpleasant aftertaste and nosebleeds.

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Nasal allergy could be cured by practicing yoga. Yoga is a stretching exercise combining with deep breathing. Many people are turning to yoga to cure various types of illness such as insomnia, anxiety disorders, back pain, chronic fatigue syndrome, depression, diabetes, fibromyalgia, infertility, menopause, shingles, stress and varicose veins. Practicing yoga is more natural than taking medicine and it does not have any side effect as long as you learn it from a qualified instructor. Once you have mastered the technique, you can practice it anytime when you are free.

Nasal allergy also could be cured using natural crystal. The main compound in the crystal is silicon dioxide. The variety of the crystal color is due to the existence of trace amount of transition elements. Different color crystal has different energy. We can see this energy using aura spectrophotometer. Nasal allergy is due to the insufficiency of certain energy in the patient body. By using crystal, nasal allergy patients can increase this energy in their body by absorbing from the crystal. Crystal is a tool

that is used to transfer energy from the earth to our body. Our earth is a living planet and there are a lot of creatures living on its surface. Once the crystal energy has been completely consumed, we usually bury this crystal under the soil and let it absorb the earth energy. Using crystal to cure nasal allergy is the most economic way and easiest method because it can be worn in our body as a wristlet or necklace whenever we want.

Alexander Chong

Author of How to cure your incurable nasal allergy without using any synthetic drugs, herbs and expensive devices.

### **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.

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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 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 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

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more about sinus infection at

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