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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!

Natural Snoring Cures

By Burt Cotton

Snoring can be quite annoying both to the snorer and the person who has to listen to the snoring,

so it is worthwhile to find natural snoring cures which will safely and effectively solve the snoring problems. Before trying natural snoring cures, it is essential that you go to a physician to ensure that your snoring is not due to medical problems, such as sleep apnea, which involves cessation of breathing several or many times during the night. One of the classic symptoms of sleep apnea is snoring, so it is important to rule this out before looking for natural snoring cures. Not everyone who snores regularly has a health problem, but there might be an underlying cause, such as a sinus problem, which might better be resolved directly.

There are many factors which may contribute to snoring, and these need to be taken into account to find which of the many natural snoring cures on the market are right for you. If you are sleeping:

· in a room with a lot of fur or dust · on a feather pillow · on dusty bedding

your snoring problem can probably be reduced or eliminated by ensuring that there is good ventilation in your bedroom, that you are sleeping on a pillow stuffed with fibers, and that your bedding is clean and free of dust. Health problems can contribute to snoring, including:

· Obesity · Wheat and Milk allergies · Smoking and excessive alcohol consumption

People who are carrying extra weight often experience breathing problems while lying down, and this is a factor that contributes to snoring. Wheat and milk allergies that are unresolved lead to a build-up of phlegm, which can make breathing difficult, and smoking excessively has been found to cause lung problems. Alcohol generally slows down the body's processes, and can interfere with breathing. However, if you have any of the above problem, it is still worthwhile to try natural snoring cures in conjunction with lifestyle changes and other modes of prevention.

Snoring is often caused by a blockage in the nasal passages, and natural snoring cures work by breaking down substances which cause this obstruction, such as mucous. There is an herbal remedy on the market which combines immature bitter orange, Bromelain and CO-Q10 to maximize air flow.

Natural Snoring Cures

The immature bitter orange contains synephrine, which relieves congestion and phlegm and bromelain breaks down mucous. These drugs are taken in pill form before retiring, and many people find them quite effective.

Natural snoring cures usually come in the following forms:

· Sprays · Pills · Nose drops · Medications to put under the tongue.

Some use enzymes from plants such as protease, amylase, lipase and cellulose which open the sinuses. One self-defense expert experimented with the pepper sprays he was using to ward off assailants, and created a safe blend that from pepper plants that opens the sinuses and can resolve chronic snoring.

Most natural snoring cures are not approved by the Food and Drug Administration, which means that

their effectiveness is not guaranteed. Nonetheless, many people have found them highly effective in reducing or eliminating snoring, although one often needs to experiment with a few natural snoring cures before the ideal blend is found. Putting essential oils in a humidifier might also be effective in opening up sinuses and preventing snoring.

If you find that natural snoring cures don't seem to be solving your snoring problems, it is advisable to go to a doctor to find out the root cause of your snoring problem. You might have a sinus problem that requires special medication, and you might find that this treatment will end your snoring.

Burt Cotton

<http://www.stop-snoring-cures.com>

How To Find The Best Cure For Snoring

By Alan Schill

Many sufferers would applaud knowing the best cure for snoring, but just what exactly works and what does not? Experts have varying opinions, but there is one thing that is for certain and that is that you cannot go wrong with a natural cure for snoring.

Among the newest anti-snoring aids that offer a natural snoring remedy is the Sleep Genie, which is often recommended by doctors. During sleep, this new product has been proven to support the jaw while keeping the mouth closed.

Open mouth sleeping is one of the leading causes for snoring, which is why this revolutionary new snoring device often works during the very first use. Could this be among the best cures for snoring? Perhaps the individuals who tried this product could chime in, but they are busy enjoying a restful night's sleep at the moment.

Natural Snoring Cures

Other cures for snoring are found when people simply decide to sleep on their side instead of their back. Individuals who regularly sleep on their back seem to be more prone to snoring when the fatty tissue in their mouth rests in the back of their throat, which restricts air passage. If it seems impossible to sleep on their side, individuals can rest a large body pillow up against their back to prevent them from turning over through the night.

Some anti-snoring devices, such as the Sleep Genie, allow you to sleep any way that you choose. If you choose to sleep on your back, but have nasal congestion caused by allergies, there are natural cures that may provide relief.

Before going to bed, run hot water in the sink and inhale the steam. The warmth will open up the nasal passages and allow for easier breathing through the nose. In addition, ridding your home of allergens, such as dust, pet hair and cigarette smoke will also help allergy sufferers to get a better snore-free night's sleep.

The use of air filtration systems help to remove dust and other allergens from their air and should be placed in every room throughout the house, including the bedroom.

If the sufferer has been diagnosed as being overweight or obese, this may also be a cause for snoring. A medically supervised diet and exercise program may be the answer to losing weight and the nighttime nuisance of snoring. Not only is weight loss one of the best cures for snoring, but also one of the best for overall health.

This article is intended for informational purposes only. It should not be used as, or in place of, professional medical advice. Before beginning any treatment for snoring, please consult a doctor for a proper diagnosis and remedy.

A new anti-snoring scientific breakthrough is rapidly changing the lives of ex-snorers... because the first night you use it, it stops snoring! Visit

<http://www.SleepGenie.com>

for more information!



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