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Post Nasal Drip– What Works for Me

By Walter Ballenberger

"Postnasal drip is an unscientific term that refers to the sensation of thick phlegm in the throat which can become infected". So says Dr. Murray Grossan in his book "The Sinus Cure, 7 Simple Steps". He goes on to explain that this is caused when our cilia–mucous system is not functioning properly and how pulsating nasal irrigation can help correct this situation.

It has been several years since I've felt the pain and discomfort of a severe sore throat caused by post nasal drip. I have been using the pulsating nasal irrigation system since then and have been free of the process that led me into colds and sinus infections. Looking back, even into my childhood, the sequence went like this:

- A little tickle in the throat appears lasting a day or two.
- A more serious sore throat caused by post nasal drip begins.
- Onset of a cold with lots of congestion and blockage, runny nose and eyes.
- Onset of a sinus infection and the associated deep headaches and pain in my upper nasal cavities and around the eyes.
- A course of antibiotics for 10 days to two weeks.

Even now there are occasions when I start to feel the familiar old "tickle" that begins the process. This is a dangerous warning sign, and I will do several things including additional nasal irrigation (at least twice or even three times per day), and I will also take 5 mg. of prednisone. Sometimes in order to fight off the coming attack, I'll need to take the prednisone for two or three days. This is in addition to taking flonase before going to bed, and possibly zyrtec, which is an antihistamine. Prednisone is a steroid and can have serious side effects if too much is taken. However, it does open up sinus cavities so they can drain properly, and the above amounts are not too much to cause problems, according to my ENT specialist.

In almost every case over the past 5 years or so, the above procedure has prevented the old sequence of events that led to a sinus infection. When I was very young I used to say, " when I get a cold, it's a doozy". Little did I know that I was experiencing sinus infections. A normal cold only lasts 5 days to a week or so, but my "colds" would last 10 days or sometimes two weeks, and they were difficult to deal with. My nose and eyes would run so much I could only lie in bed with my eyes closed for days.

If the above scenario sounds familiar, I highly suggest using the

<http://www.postnasaldrip.net/sinusirrigart.htm/>

pulsating nasal irrigation process on a daily basis, and to

follow the above procedure if you start to feel the ominous "tickle" in your throat.

It is normal for mucus to run down the back of one's throat as part of the normal cilia–mucous system functionality. Generally this is not even noticed. But when it becomes thick, sticky, and starts to cause pain, it is obvious that post nasal drip has made itself evident. It should be noted as well that the thick phlegm is often infected since it is just sitting there and pooling up in your nose and throat. This obviously exacerbates the post nasal drip problem, so clearing this out with nasal irrigation is even more important.

Walt Ballenberger is founder of

PostNasalDrip.net

, a resource web site for sinusitis sufferers.

Ballenberger is not a medical professional, just a sinus sufferer for years. He found relief using

pulsating nasal irrigation

among other things. The site has articles and information, including a blog

where others can exchange ideas about treatments, products, etc.

Post–Nasal Drip and Its Effect on Bad Breath

By Dr. Harold Katz

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Post Nasal Drip and Nasal–Sinus Congestion Will Transform
a Case of 'Normal' Breath into BAD Breath and 'Bad' Breath

into HORRIBLE Breath!

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Bad Breath is very closely related to post nasal drip,excess mucus, sinus problems, your tonsils, and tonsiloliths.

The bacteria which cause bad breath and sour/bitter/metallic tastes are anaerobic (live without oxygen). Their goal in life is to break down the proteins in foods that we eat. However, under certain conditions, they will also start to break down the proteins found in mucus and phlegm.

Therefore, those people who suffer from post nasal drip, sinus problems, and other such ailments are more prone to bad breath and lousy tastes because the bacteria use the mucus as a food source and start to extract sulfur compounds from the amino acids that make up the proteins found in all this excess mucus.

Scientifically, the anaerobic bacteria that cause bad breath "love" the amino acids Cysteine and Methionine, which are the building blocks of the proteins that are found in mucus (and phlegm) and in dairy foods, too. In fact, many people notice that when they drink too much milk or eat too much cheese they end up with more mucous or phlegm in their throat. This is a natural reaction for many people and unfortunately, ends up causing more bad breath and lousy taste.

If you still have your tonsils, you may be harboring a higher number of the bacteria which can lead to an "interesting" and very often misunderstood phenomenon, called TONSILOLITHS. Literally translated, they are "tonsil stones" produced by the conglomeration of mucus draining down the back of the throat and the volatile sulfur compounds created by the bacteria which easily end up in the "nooks and crannies" of the tonsils, every time one swallows. I can't tell you how many stories I've heard from my patients who asked their dentist what these objects were, and more often than not the answer was 'food particles'. This couldn't be further from the truth!

Medication and Drugs MAY help Prevent Post–Nasal Drip, But At What Cost?

There are dozens of different over–the counter nasal decongestants and antihistamines you can use to

help relieve congestion and dry up excess mucus, and some of them are very good at what they claimÖ but mostly they are TOO GOOD! They create an extremely dry mouth, which exacerbates bad breath. And even in cases where the dry mouth side effect is minimal, when you stop taking that medication the problem comes back, and almost always with a vengeance! This is because in some cases, your body will actually develop a resistance to any antihistamines or nasal decongestants, especially nasal sprays (be careful, because many sprays are habit forming!)

Suffice it to say, this should NOT be an option that you pursue.

Use a Nasal–Irrigator to Flush Your Sinuses free from Excess Mucus

Post Nasal Drip– What Works for Me

Nasal Irrigation is probably the most effective method of eliminating post–nasal drip and helping to control sinus infections. A short period of regular use can stimulate the cilia (the tiny hair–like fibers in the nasal sinus passages) to restore their natural protective "sweeping & cleansing" action.

When you feel a sinus condition come on, or feel that you have persistent post–nasal drip and excess mucus, consistent daily use for 10 days should result in a clearing of the condition.

Stop Bad Breath Associated with Post–Nasal Drip, Excess Mucus, and Sinus Problems

For people who don't really have sinus problems, just "off and on" or seasonal post–nasal drip, then an alternative (and better) solution might be to minimize the amount of excess mucus in the back of the throat and more importantly to make sure you neutralize the odor caused by this excess mucus.

You see, the proteins in mucus make an excellent food source for the anaerobic bacteria that cause bad breath. The bacteria feed off the amino acids, Methionine and Cysteine, and create extremely odorous and lousy–tasting Volatile Sulfur Compounds as by–products, which are the odors and lousy tastes found in the medical condition halitosis, which YOU (or maybe everyone around you) more commonly knows as bad breath.

When I first started treating my own daughter's breath problem 10 years ago, I never dreamed that I would end up helping so many people all over the world who had the same problem, which my fellow dentists ignored or misdiagnosed for far too long. It was only a few years into our clinical therapy that I realized that "Every case of bad breath is different and that there is no such thing as one formula to treat every case of halitosis."

For a decade now, we've been here to help our patients prevent bad breath, sinus congestion, and lousy tastes. If there is anything we can do to help, please don't hesitate to contact us – that's why we're here!

Uncover the REAL Causes of Bad Breath! Dr. Harold Katz, founder of the California Breath Clinics, is a worldwide expert on the topics of bad breath, halitosis and dry mouth. His 'Bad Breath Bible' is an easy–to–read guide to help YOU enjoy fresh breath every day for the rest of your life. Request your free copy at: <http://www.therabreath.com/a/1164/ebook.asp>



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