

This Free E–Book is brought to you by Natural–Aging.com.

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

Sinus Infection Book Review– “The Sinus Cure– 7 Simple Steps” (Part 1)

By Walter Ballenberger

In his book "The Sinus Cure– 7 Simple Steps to Relieve Sinusitis and other Ear, Nose and Throat

Conditions", Dr. Murray Grossan, M.D., defines a "sinus cure" as follows: " A cure is defined as partial or complete relief of symptoms". With the inclusion of the word "partial" in this definition, this means I have been cured. Do I still experience stuffiness at night? Yes, indeed. On some nights I wake up and need to elevate my head on one hand or the other to have a clogged nostril drain. However, I have not had a sinus infection for quite some time, and I give the credit to Dr. Grossan. Hopefully this book review can help others who need help from the horrific pain and terrible inconvenience of a sinus infection.

For years I had numerous sinus infections and was often on antibiotics. I had two painful sinus operations and was still coming down with infections. I tried a number of different methods and procedures which were ineffective. It was only when I happened upon Dr. Grossan's book and started using his suggestions, in particular the pulsating nasal irrigation system, did I start getting control of my sinusitis problem. If you wish to learn how to use the irrigation system, please read my article describing it.

"The Sinus Cure" is not a technical book written for medical professionals. It is clear and understandable and is written for the layman. It includes numerous quotations from sinusitis sufferers, and if you are among that group of unfortunates, you will recognize the pain and aggravation these people describe.

What is sinusitis?

The book starts out by explaining the details of sinusitis, what causes it, and how our respiratory system should function. Sinusitis is defined as "inflammation of the facial cavities around your nose– those above the eyes (frontal), behind the nose (sphenoids), on either side of the top of the nose (ethmoid), and beneath the eyes in the cheek area (maxillary) Explanations are given for the reasons we have sinuses, and how the mucous–cilia system works in healthy people to properly drain mucus out of our sinuses.

When the openings that connect our sinuses become clogged (they are only about the size of pencil lead) mucus gets blocked and becomes thick and dry, and the cilia, or tiny hairs that oscillate and

move mucus and cause it to drain properly, cannot function. As one of my ENT specialists put it succinctly, "the issue is simply drainage".

Pulsating nasal irrigation

The first part of the book jumps right into a discussion of pulsating nasal irrigation. One uses a Water Pik dental cleaning device with a special adaptor, along with a saline solution in about 16 oz. of water. Half the solution goes into one nostril and drains out the other, and then the procedure is repeated in the other nostril. This has two effects. First, any dry or thick mucus is cleaned away. This dry mucus can easily become infected, since it is just sitting in the nasal cavities. Secondly, the pulsating beads of water work to help the cilia function properly. Having cilia that function properly is the best way to prevent sinus infection.

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.

Your Prescription For Sinus Headache Relief

By Ashish Jain

"Prevention is better than cure." Well said and well understood! But there are certain types of headaches, which are part and parcel of you; gifted to you by birth! Sinus headache is one of them, unfortunately.

Many say about sinus, "that which can not be cured, must be endured!" You can control it, reduce its impact. Can it be ever eradicated? The answer is in the negative, as far as the present day medical research can take you!

In sinus, invariably you have the headache, but every headache is not sinus! Sinus and nasal passage problems are the cause of headache, mostly! It is not that you have pain in the sinus area and you need to conclude that you have a sinus disorder. When the nasal passage and sinus are inflamed, it can result in a severe headache. In acute chronic sinus, the intensity of headache varies with the severity of the sinus. Sinus patients complain about many other problems. The sinus patient is more likely to experience:

Sinus Infection Book Review– “The Sinus Cure– 7 Simple Steps” (Part 1)

1. Chills and fevers 2. Swelling of face 3. Nasal stiffness 4. Tension in the upper teeth, which will give lots of pain 5. Or, yellow or green discharge.

If you are suffering from sinus, you must live a controlled life, and must remain highly disciplined, with regard to the diet. There are strict laws as far as do's and don'ts are concerned! Singers will have to take special care about maintaining the vocal chords of their throats! Sinus remains ever ready to sabotage their plans.

Pranaayama and Yoga asanas go a long way in controlling and curing the sinus headache! Regular light exercise must be done and tough and heavy exercises need to be avoided. The use of steam vaporizer must become the part of your life, if you detect the sinus! Develop the habit of morning walk. Do not walk too briskly or too slowly, and avoid too chilly or too hot days. Breathe moist air.

Sinus and headache are two different problems. When they club together and make a joint attack on you, your only defense is to find out the root cause of their arrival and then check them. So far, it has not been possible for the medical science and research, to defeat the sinus headache. But to erect barricades in its onward march is certainly possible!

Ashish Jain writes about a number of different topics. For more information on headache visit

<http://www.headacheupdates.com>

and for additional articles on headache visit the articles page:

<http://www.headacheupdates.com/index.html>

To comment visit:

<http://www.headacheupdates.com/migraine>



This Free E–Book has been brought to you by Natural–Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!