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Impair Healthy Healing In People Over The Age Of 30!

Sinus Irrigation and a Suggested System

By Walter Ballenberger

Sinus irrigation is the main component in my personal arsenal to battle sinusitis and sinus infections.

While struggling with numerous sinus infections a number of years ago, I ran across a book by Dr. Murray Grossan entitled "The Sinus Cure- 7 Simple Steps". This book explained the pulsating nasal irrigation system that I now use every day and have for a number of years. The book is a great resource for people suffering from sinusitis.

When I first started following Dr. Grossan's advice he suggested using a WaterPik machine, and these have been sold for years as devices to improve gum and dental health. Dr. Grossan's company simply sold an adaptor and a saline solution, although one can use normal table salt. Although much more expensive than table salt, I find that the saline solution is convenient, works well, and has no preservatives. I usually purchase a dozen containers at a time, and these will last up to a year with one application per day. One simply puts a spoonful of saline solution into the WaterPik tank and then about 16 oz. of warm water to dissolve the powder. The nasal adaptor is then put into one nostril and the machine will gently propel half the liquid through one's nasal canal, and it will drain out the other side. One then puts the adaptor in the other nostril and repeats the procedure on that side. This process is done while leaning over a sink. I then normally put more water into the tank and use the WaterPik on my teeth as it was originally intended, and I've helped my gum and dental health as well. My dental hygienist has made several comments about how much better my gums and teeth are when I go in for cleanings, so there is a definite side benefit to this procedure. The whole effort only takes about 5 minutes or so, including wiping everything dry. I normally do the irrigation once a day about an hour before bed, but if I happen to wake up with more than the usual congestion in the morning, I'll do it then as well.

The Easiest Way to Start

In the past couple of years Dr. Grossan's medical supply company has come up with its own sinus irrigator. It is called the Hydro Pulse® Nasal Irrigation System. One receives the Hydro Pulse Nasal/Sinus Irrigator®, 2 Original Sinus Irrigator Tips®, 2 Original Throat Irrigator Tips®, Breathe-ease® XL Nasal Moisturizer (this is the saline solution), and excerpts from "The Sinus Cure" by Dr. Grossan.

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This is the easiest way to start, as you have everything needed. If the system works well and you want to continue to do nasal irrigation on a daily basis, I would suggest choosing the pack of one dozen saline solution boxes, as the price is lower per box and there is only one shipping charge to pay. Of course one could still purchase a WaterPik at a retail store and buy the Dr. Grossan's adaptor and saline solution to work with it. In fact I continue to do this in order to use the device on my teeth and gums since it works so well. Every year or so the WaterPik needs to be replaced. I suspect that the salt has a corrosive effect, although I rinse the machine with fresh water immediately after each use. The WaterPik company even sells a small travel model, and I use one of those when on the road.

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.

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

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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.

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