

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!

Sinusitis and Hoarseness Natural Health Q&A

By Brian B. Carter, MS, LAc

Sinusitis and Hoarseness Natural Health Q&A by Brian B. Carter, MS, LAc

Q: I had my spleen removed because of Hodgkins Disease. What should I use for stuffy sinus and constant hoarseness?

– Patrick

A: In my opinion, you shouldn't "use" anything, but go see a Chinese medicine (CM) practitioner (acupuncturist/herbalist) for the appropriate herbs for your condition, which I cannot diagnose over the internet. I wonder if you are hoarse because of over the counter decongestants?

– B

Q: I went to the Doctor because I was hoarse. With the sinus drainage and him thinking that it could be stomach acid, I did try things like Nexium and Nasonex spray, without any luck. In reading some of your website I thought that I read something about a sinus and spleen connection. I think it was something about wet or dry spleen that herbs could help. If you don't have a spleen, it seems that you would be prone to constant sinus problems, which I think I have. It seems like I always have some mucous at the back of my throat. Any ideas? I would appreciate any info you can offer. I will try to locate a Chinese medicine practitioner.

Thanks,

– Patrick

The Spleen in Western and Chinese Medicine

Well, first please note that the Spleen of CM is different than the anatomical spleen of western medicine. The western spleen organ is mostly involved with blood, whereas the Chinese medicine Spleen organ-system is about digestion, assimilation, getting energy to the four limbs. In western terms, Spleen qi is probably something like enzymes (though not limited to that), which work with the stomach acid (part of the Stomach qi or yang) to digest the food.

Causes of Sinus Congestion

There is a connection with the sinuses: In CM, Spleen deficiency leads to dampness and phlegm (this is probably the "wet spleen" you were trying to remember), which can show up in sinus congestion.

Sinusitis and Hoarseness Natural Health Q&A

The Spleen is said to "raise the clear yang and descend the turbid yin." But there are other causes and factors in sinus congestion: inflammation (heat), stress, qi stagnation, and Liver/Gallbladder damp–heat.

Treat the Causes and the Symptoms

To treat it well, you need not only a sinus draining formula like Cang Er Zi Tang (CEZT) as the basis, but also herbs that address the root and related patterns. Only taking CEZT would not fix the cause of the problem, so by itself it would be only a temporary fix. We would add all or parts of formulas like:

Liu Jun Zi Tang for Spleen deficient dampness
Er Chen Tang for phlegm
Long Dan Xie Gan Tang for Liver Gallbladder damp–heat

Shu Kan Wan or Xiao Yao San for Liver qi stagnation.
Huang Lian Wen Dan Tang for phlegm and Stomach heat

But you can't take them all! And, taking the wrong ones could make you worse. So, get thee to an herbalist – that is, an acupuncturist who knows their herbs. We have an acupuncturist–finding resource which also has some tips for evaluating several acupuncturists before deciding which one to see.

For more on sinus problems, read these three articles:

<http://www.pulsemed.org/sinusitis.htm>
<http://www.pulsemed.org/sinusphlegmetc2.htm>
<http://www.pulsemed.org/jkcf.htm>

Hoarseness and the Lung–system

In Chinese medicine, we generally attribute hoarseness and loss of voice to dryness. The Lung–system, which includes the throat, is said to "hate dryness." The Lung likes to be moist – so the Lung yin is very important, and dryness is the enemy.

In fact, the autumn season (when this question was asked and article was written), is associated with both the Lung and with dryness. So this would be the time of the year that the most people would get hoarse.

There are good herbs for this– e.g. the formula Ophiopogonis Plus (O+) from Far East Summit. But again, the complexity of the whole condition may make just one formula problematic – this one increase Lung yin, and if you also have sinus congestion, it might even worsen that. So, you'd need some combination like CEZT and O+.

A simple kitchen remedy for Lung dryness would be to drink some pear juice.

B

Acupuncturist, herbalist, and medical professor Brian B. Carter founded the alternative health megasite The Pulse of Oriental Medicine (<http://www.PulseMed.org/>). He is the author of the book

"Powerful Body, Peaceful Mind: How to Heal Yourself with Foods, Herbs, and Acupressure" (November, 2004). Brian speaks on radio across the country, and has been quoted and interviewed by Real Simple, Glamour, and ESPN magazines.

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

, a resource web site for sinusitis sufferers.

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

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

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



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!

