

SINUS, SINUSITIS

Compiled by

Campbell M Gold

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IMPORTANT

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Introduction

Sinusitis is an inflammation of the paranasal sinuses, is the result of infection, allergy, or autoimmune problems.

Most cases of Sinusitis are the result of a viral infection and they are typically resolved over a 10 day period.

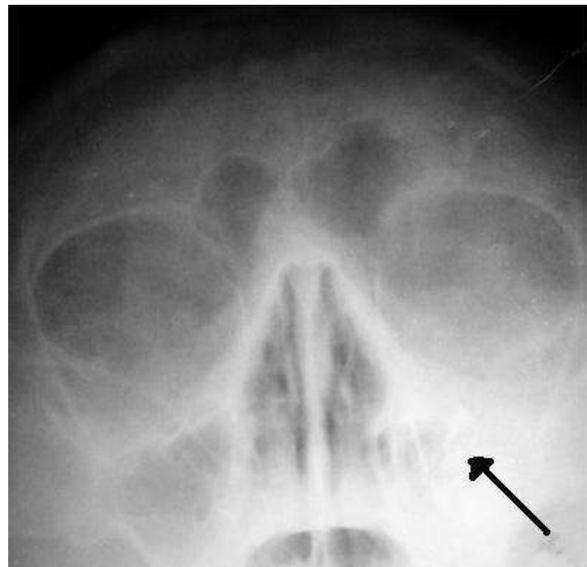
(Picture left - Left-sided maxillar sinusitis.
Note the absence of transparency
indicating the presence of fluid - contrast
with the right side)

There are several sinuses:

- Ethmoid - two at either side of the bridge of the nose
- Frontal - two behind the forehead
- Maxillary - two behind the cheekbones
- Sphenoid- two behind the eyes

Affected sinus:

- Ethmoid - pain/pressure between/behind the eyes - headaches
- Frontal - pain/pressure in the frontal sinus cavity above eyes - headache

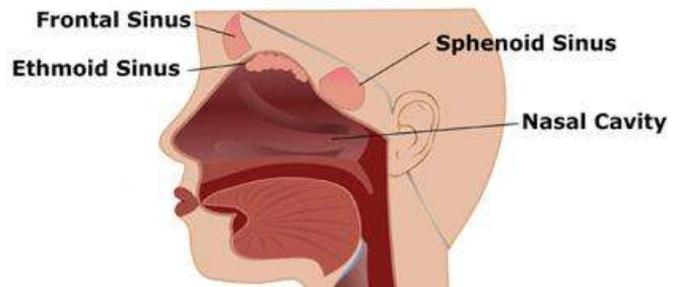
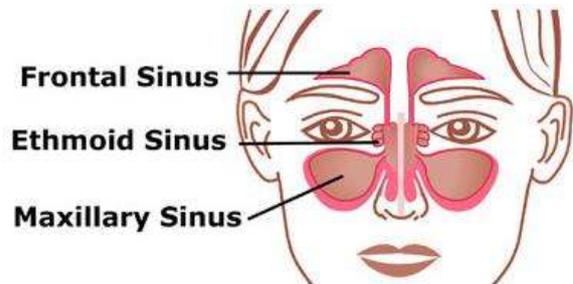


- Maxillary - pain/pressure in the cheek area - toothache, headache, etc.
- Sphenoid - pain/pressure behind the eyes, but can also be felt at the top of the head

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Symptoms

- Blocked or runny nose. If the nose produces green or yellow mucus, there is probably a bacterial infection
- Discomfort worsens when bending over or lying down
- Dizziness
- Facial pain or pressure - dull, constant, or aching over the affected sinuses
- Feelings of "a pressurized or heavy head"
- Fever
- Headache
- High temperature
- Infection of the eye socket is possible
- Infection of the forehead and other facial bones (osteomyelitis) Inner ear problems due to the congestion of the nasal passages
- Localized headache
- Localized toothache
- Pain and tenderness in the face (particularly near the infected sinuses)
- Pain often starts on one side of the head and progresses to both sides
- Thick nasal discharge that is usually green or yellow in colour and may contain pus and/or blood
- Throbbing pain that is worse when the head is moved
- Tinnitus
- Vibrating sensations in the head



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Supplements

Vit C - 1,000 mg 2 x daily

Vit B-Complex - 100 mg daily

Vit E - 200 iu, 2 x daily

Vit A - 10 - 20,000 iu, 3 x daily, 5 days on, two days off, until resolved

Zinc - 10 - 15 mg, 3 x daily

Selenium - 200 mcg daily

Garlic - 1,000 mg, 2 x daily

Tissue Salts

Ferr Phos - at the beginning of an attack of sinusitis, with fever, pain in the sinus area, and congestion.

Nat Mur - for nasal obstruction with watery discharge, loss of sense of smell, painful inflammation of infected sinus worsened by contact with cold air.

Silica - for chronic condition, with a thick, offensive discharge, and chronic nasal catarrh.

Acute - 4 x tabs, hourly, alternate remedies

Chronic - 4 x tabs, 4 x daily

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Other Therapies

Swedish Bitters is believed to be a positive adjunct in the treatment of sinusitis.

Hydrogen peroxide therapy is believed to be a positive adjunct in the treatment of sinusitis.

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Steam Inhalation

Boil a kettle of water, and pour it into a suitable bowl.

Add a couple of drops of suitable decongestant therapeutic oil (two oils can be added if desired- Tea Tree and lavender is a good combination):

- Tea Tree
- Albas
- Lavender
- Eucalyptus

Place the bowl on a table, sit down, lean over the bowl, close the eyes, drape a towel over the head, and inhale the steam into the nose, sinuses, and lungs.

The steam will help to relieve the congestion, and the oils will augment the steam and will help to deal with infection. Continue to inhale the steam into the nasal passages for as long as is comfortable.

Inhaling the steam for 10 to 20 minutes, 2 to 3 times a day is recommended for all conditions.

End

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