

Is Something Living Up Your Nose?

Nose and sinus congestion are frequent causes of discomfort, fatigue and time off work. So why is it that some people recover in a day or two, whereas other people suffer chronic disease that lasts for months or years?

It now appears that there is an infectious component to chronic sinusitis, as the warmth and moisture of your upper respiratory tract is an ideal environment for overgrowth of fungi and bacteria. Fungi and bacteria can both multiply to form colonies called biofilms, which are resistant to your immune system and most pharmaceutical therapies. In addition they trigger allergic sensitivity to environmental fungi. No wonder many people with severe chronic sinusitis are worse when exposed to damp or mould, for example after water leakage in an old poorly ventilated house.

Treatment with natural medicines addresses both the underlying causes as well as the symptoms:

- Fungal balls can be dissolved and flushed away with a new saline and herbal sinus spray.
- Quercetin is a potent anti histamine and anti inflammatory agent.
- Herbs such as Perilla reduce the allergic response and help to clear away mucus.

What this means to sinus sufferers is a logical effective treatment is now available, so give Dalia a ring on 9885 7766 to enjoy easy breathing.

Have A Great Year,

Dr Pete