

Overcoming Sinus Problems

The ancient cultures knew there was a definite connection between what was happening in the digestive track and colon and what was happening in the respiratory tract. In traditional Chinese Medicine, the large intestine (colon) meridian is paired with the lung (respiratory) meridian. In other words, what affects one, affects the other.

In India, Ayurvedic medicine suggests that lung and respiratory problems are a result of poor digestion. More recently, Dwight Byers, who heads up the International Institute of Reflexology, teaches that if the valve between the small and large intestines is not working properly, material from the large intestine can migrate back to the small intestine, irritating it, which sets up a strong of chemical reactions resulting in the production of histamines and finally allergy and respiratory problems.

If you have only been working from the chest up to the remedy your sinus problems, maybe it's time to look a little lower and focus on what you can do to help promote good digestion and health for the small and large intestines.

Foods

What and how we eat can have a profound effect on digestion and colon health. If you have respiratory problems, it's best to avoid dairy products, especially milk, cheese, and ice cream. Dairy products tend to cause us to produce excess mucous, which can make respiratory problems worse. Also, stay away from sugar as much as possible. Sugar can increase the risk of Crohn's disease and ulcerative colitis; it can increase the growth of yeast; it can interfere with the absorption of protein, cause food allergies, increase fluid retention, increase the risk of gastric cancer, cause indigestion, feed cancer plus a host of other things too numerous to mention.

Dr. Balch, in the reference book, *Prescription for Nutritional Healing*, recommends a diet of 75% raw foods if you have sinus problems. Adding fresh squeezed lemon to your water each day helps to cut excess mucous in the digestive tract and helps to alkalize the body. Lemon is also a good infection fighter. Warm herbal teas such as **Breathe Easy** and **Eater's Digest** from *Traditional Medicines* may also be helpful.

Support Digestion

It is extremely important that we support the digestion when we have sinus or allergy problems. Enzymes help to break down the food in our stomach and small intestines. Not everyone, however, can produce enough enzymes to get the job done efficiently. When digestion is not complete, otherwise harmless foods can become irritants. When this happens, digestive enzymes can be very helpful in correcting the imbalance.

Products for Digestion Support

Best Bet — *Food Enzymes* from *Nature's Sunshine* contains plant and animal based enzymes that help to digest heavy proteins, carbohydrates and fats and systematically support the body's immune defenses.

Very Helpful — *Proactazyme Plus* from *Nature's Sunshine* contains digestive enzymes from the plant sources that help break down protein, sugar, starch, and fat to help eliminate gas, occasional bloating, and indigestion.

Honorable Mention — *Protease Plus* from *Nature's Sunshine* contains enzymes that support the digestion of proteins and also bolsters the immune system's response to irritants. It also provides a full spectrum of plant-derived trace minerals, which help to activate enzymes.

Colon Cleansing

When waste material accumulates in the intestines, which is often the case with people who have allergies and sinus problems, colon cleansing can be helpful. Colon cleansing involves using herbs and/or other supplements that relax the colon and gently stimulate peristalsis — a rhythmic action that causes the colon to empty. It is also a good idea to add a bulking fiber such as ground flax seed or psyllium hulls. Fiber gives the colon something to push against and also helps to absorb toxic material while gently scrubbing the walls of the colon. If ground flax seed is used, add in an oil such as flax seed oil, Omega-3 fish oils or borage oil to help lubricate the intestines. These oils also act as anti-inflammatories and can be very soothing to irritated tissue. It is advisable to also add a probiotic such as acidophilus or bifidophilus to replace beneficial bacteria that may have been lost during cleansing.

Before starting a colon cleanse, it is best to consult a healthcare practitioner to be sure that cleansing is appropriate for you at this time.

Products for Colon Cleansing

Best Bet — *Tiao He Cleanse* from *Nature's Sunshine* combines herbs that help to cleanse the colon, liver, blood, and tissues. It also contains the bulking fiber psyllium hulls.

Very Helpful — Either *First Cleanse* or *Cleanse Smart Advanced* from *Renew Life* are two excellent cleanses. First time cleansers can start with *First Cleanse*. If you have

colon cleansed before, then you can go on to *Cleanse Smart Advanced*. You can add in *Fiber Smart* from *Renew Life* for best results.

Honorable Mention — *Bowel Detox* from *Nature's Sunshine* combines ingredients that help to move the bowels, absorb toxins, and help to support the health of the colon.

Nutritional Support for the Respiratory System

For Sinus Infection

Best Bet — *SinuOrega Nasal Spray, Oregaresp or Oreganol* from *North American Herb and Spice* is useful for all types of infections. *Oregaresp* and *Oreganol* is made from mountain oregano and is also very effective against many fungi and viruses, as well as bacteria.

Very Helpful — *Sinus Rescue* from *Peaceful Mountain* is a colloidal silver nose spray that can be used to irrigate the sinus cavities and to help remove irritants. It also comes in a throat spray.

Honorable Mention — *Teifu Oil* from *Nature's Sunshine* is used to dissolve hardened mucous and help clear irritants from the respiratory system.

Sinus Headache/ Stuffy Head

Best Bet — *Sinus Support* from *Nature's Sunshine* helps to promote clear nasal passage and also contains nutrients to support respiratory health.

Very Helpful — *Fenugreek and Thyme* from *Nature's Sunshine* helps to clear mucous from the respiratory system and to soothe mucous membranes.

Honorable Mention — *Teifu Oil* from *Nature's Sunshine* is a blend of essential oils in a base of safflower oil that can be put under the nose and inhaled and/or rubbed on the sinuses and temples for relief of head pain or stuffy nose.

Allergies (Non-food related)

Best Bet — *Quercetin* from *Natrol* combines vitamin C and bioflavonoids that help the body to handle respiratory irritants.

Very Helpful — ***Sinus Support*** from ***Nature's Sunshine*** combines various herbs that have traditionally been used to support respiratory health. It functions as both a decongestant and as an anti-histamine.

Honorable Mention — ***ALJ*** from ***Nature's Sunshine*** is an allergy formula developed to help clear irritants from the respiratory tract and supports lung functions as well as to help you breathe more freely.

To find all these products and more, come visit us at Cherokee Herb Shop, which is located at 4 Coosawatte Avenue, Rome GA, 30165. You can reach Carrie Casey at 706-232-4478. Our website is www.cherokeeherb.com.