

GOT SINUS?

- If you have a naughty little nest of nasties camping out in your sinuses;
- If you are taking antihistamines (it dries up the mucous that is designed to get rid of invaders and leaves the bacteria and/or virus behind.)
- If you are taking antibiotics, your little nasties are probably resistant. A very high percentage of bacteria are resistant to our antibiotics...this problem is going to escalate exponentially in the years to come. Bacteria's motto is "DRIVE TO SURVIVE". They are older than we are and know what to do to outsmart our rifle approach to antibiotics....learn, adapt and develop resistance. They have six different ways of "communicating" information to each other about their enemy--antibiotics--and how to beat them. They have a new generation every 20 minutes. Some of the friendly bacteria in our bodies (we have 1-2 lbs) that we need to survive have "switched sides" because we kill off everything, (good, bad and ugly) when we take antibiotics and our friendly flora are going on the defensive. All the anti-bacteria soaps, wipes, sprays, etc are doing more harm than good because it can cause bacteria to become even more resistant. None of us can survive WITHOUT bacteria, so we need to stop trying to kill it *all*. We are upsetting nature's balance.

When you are infected with a bacteria that is resistant to Fleming's brainchild, antibiotics, what is a person to do? When you have a viral infection that man hasn't figured out yet how to kill, what is a person to do?... herbs. The very breathe they exhale is our oxygen. Their very blood (essential oil) contains nourishing, healing properties, their body contains elements so complex, we can't even figure out everything that's there. And, the chlorophyll they make is only one molecule different than our blood.

So, let's begin...

GOAL: Rid the body of toxins, chemicals, dye and all matter of other stuff that shouldn't be there so your immune system can do it's job. In short, eliminate those sinus problems.

You probably won't be able to do ALL of these suggestions unless you are super committed. However, begin with what you *can* do...inch by inch.

LONG TERM:

Diet:

Water and lot's of it, filtered water. Ouch! I know that one hurts. Do you have any idea how many chemicals are in your water..... Take your weight divide by half and that's how many ounces you should drink daily.

Fresh whole food... everything from a super market, unless it is specifically marked, has been processed, sprayed, dipped, irradiated, fumigated etc. Try to shop farmers markets or your own gardens for all the

FRESH organic vegetables and fruits you can get. THINK WHOLE FOOD. Nothing added, nothing taken out. Super market meat is full of chemicals and hormones unless it's marked certified organic. If you can buy your meat from an individual (or HUNT it yourself!) or raise your own...hoo hoo, do it! 95% of supermarket eggs have some salmonella. Some of them have mutated and are resistant to refrigeration, boiling and basting with hot oil! So, stay with those home grown, free range eggs!

NO NO's: P R O C E S S E D F O O D. If it comes in a box, a bag, or needs to be micro waved, throw it in the trash. If it never spoils and comes in a color that is not found in nature, throw it away! If it's bleached of all it's color, throw it away. **C O F F E E**. Ouch, I know that one hurts. Americans love their coffee, but if you can, start weaning it out of your daily food intake. An excellent substitute is yerba mate, an herb from the rain forest--it has 45 nutrients, more anti-oxidants than broccoli or spinach and a great energy booster. And, it's cheap! Add a little honey and lemon and you're on your way to a healthier self.

Remember, it took your body a long time to get in this shape so it's going to take a while for your body to start repairing and revitalizing... don't expect instant results.

SHORT TERM: a great little sinus combo:

- **Elecampane tincture:** 1 dropper (30 drops) every 2 hrs 2 or 3 times, then 10 drops morning, noon, night. This herb will loosen up your mucous and make you blow!! The purpose of mucous is to get the offending bacteria OUT of your body by any orifice that's appropriate! What you don't want to do is dry it up. It will stop of it's own accord after it's done it's job. It will also unstop your ears.... and
- **Eyebright:** same dosage. This little beauty will lessen the pressure....and
- **Echinacea:** One dropper full each hour until symptoms cease. This wonder stimulates the immune system, is anti-inflammatory, anti-viral & antibacterial--it's active against strep and staph. Is best taken at the ONSET of problem.
- **Elderberry:** great anti-viral. 1 dropper every 2-3 hrs, then 10 drops 3 times a day. Wonderful companion to Echinacea.

Buy these four herbs in tinctures. It will cost \$48-50 total. To take them, run a little water in a glass and squirt all the tinctures in the water. Hold each mouthful in your mouth as long as you can because it's absorbed directly into your system. If you can take it without the water, do it. If you swallow it, it takes longer to work because it has to go thru your digestive system. I squirt the tinctures directly into my mouth under my tongue, but it's pretty strong that way. Echinacea will cause a tingling sensation, that's normal. Echinacea can also be purchased as a tea, that's great to drink several cups a day. You can grow this so easy...it's Coneflowers, and it's beautiful.

In addition to the tinctures, be brave:

SNUFF:

- Garlic powder-1 part: anti-bacterial, antiviral, antiseptic, antiparasitic, antifungal, antispasmodic and stimulates the immune system.

- Goldenseal - 1 part: (take apart the capsules) antiseptic, antibacterial, antifungal, anti-inflammatory.
- Barberry 1 part: this is harder to find, and can be left out if necessary. And, here's the KICKER,
- Cayenne- one small pinch.

Mix this all together. Take some about the size of a pencil eraser, put it in the palm of your hand and SNIFF HARD. WOW, that stings, but it works. Try to hold in 10 minutes before sneezing or blowing. Garlic and Goldenseal have to TOUCH what they are killing, so if you can get it into your sinus, whala, the nasties are goners. Use this every few hours as needed. If all else fails, mix it with some bottled water and spray it up there.

Eat as much garlic, onions and cayenne as you can...stir fry it (in OLIVE OIL, nothing else--olive oil has sooo many good things in it.) eggs, vegetables, meat be creative, then just eat.