



THERAPEUTIC GUIDE

SINUSITIS

Sinusitis is most often a bacterial infection, though one usually resulting from another underlying cause. Infection occurs when inflammation or other swelling seals the normally patent sinus cavities, which quickly results in an anaerobic environment conducive to the growth of certain bacteria, often *Streptococcus pneumoniae*, *Haemophilus influenzae*, or *Moraxella catarrhalis*. Negative pressure resulting from the depletion of oxygen in the sinus accounts for most of the associated pain, although if left untreated the infection can proceed to life-threatening complications. Sinusitis can be acute or chronic, often depending on whether the root cause is acute or chronic. The most common triggering causes are allergic inflammation of the nasal mucosa, chronic irritation (e.g., from tobacco smoke), a preceding viral upper respiratory infection (URI), an undiagnosed dental infection, or chronic obstruction due to nasal polyps. Treating sinusitis should involve reducing congestion and inflammation to allow drainage while supporting the immune system and, as necessary, addressing the root cause to prevent recurrence (you may wish to refer to the Allergies (Inhalant) section of this guide). Fungal sinusitis, while uncommon, can become a significant issue in immune-compromised patients and requires aggressive therapy.

Homeopathics

- BAC HP™**- high-potency formula indicated for bacterial infections.**
- Bactestat™**- homeopathic detoxifier indicated for bacterial infections.**
- Dairy Antigens™**- homeopathic antigen blend indicated for symptoms due to dairy sensitivity.**
- Envirostat™**- homeopathic detoxifier for environmental pollution, indicated for symptoms associated with smog, dust, and industrial agents.**
- Fungustat II™**- homeopathic detoxifier indicated for symptoms associated with exposure to mold or fungi.**
- Mold Antigens™**- homeopathic antigen blend indicated for symptoms due to exposure to mold or fungi.**
- * **Sinuchron HP™**- high-potency formula specifically indicated for sinusitis and chronic sinus issues.**
- * **Sinutone™**- homeopathic tonifier for the sinuses, indicated for relief of runny nose, nasal mucus with yellow green discharge, pain and swelling of the sinus cavities, and postnasal drip.**
- V HP™**- high-potency formula indicated for viral infections.**
- Virustat™**- homeopathic detoxifier indicated for viral infections.**

Herbals

- * **Allercom™**- fortifier for the respiratory and immune systems, indicated for sinus problems due to airborne allergens.
- Echinacom™** or **Echinacom C™**- fortifier for the immune system, indicated for bacterial, viral, or fungal infections and to tonify mucous membranes.
- Gencom™**- fortifier for the blood and general detoxifier, indicated for fever, chronic catarrh, headaches, and mucus discharge.

*Denotes primary remedies



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SINUSITIS (CONTINUED)

Goldenseal- this single spagyric herbal is one of the best mucous membrane tonifiers for acutely or chronically irritated sinuses.

Inflammax™- fortifier for the immune system, indicated for congestion due to excessive inflammation.

Lapachocin™- fortifier for the immune system, indicated for bacterial, viral, or fungal infections due to lowered immune response.

Mullein™- fortifier for the respiratory system, indicated for sore throat, sinus congestion, and cough.

* **Myrrh™**- fortifier for the sinuses and immune system, indicated for inflammation, mucus, cough, sinus problems, chronic catarrh, fever, and sore throat.

Propolis™- fortifier for the immune system, indicated for lymphadenopathy, viral or bacterial infections, and fever.

Trifolocin™- fortifier for the lymphatic system and spleen, indicated for inflammation, fever, and swollen glands.

Nutritionals

C-TR 1500- time-released vitamin C to boost immunity.

Immunique™- a balanced supplement providing vitamins, minerals, and other nutrients for immune support.

Immunique™ Silver-10 parts per million of silver nanoparticles indicated for bacterial and viral infections.

* **N-Acetyl Cysteine Plus**- indicated as a detoxifier and natural mucolytic.

Additional Considerations

Steam inhalation, especially with relaxing essential oils such as peppermint, can help to open the airway and relieve symptoms. Herbal teas and hot homemade soups can also help keep mucus flowing, relieving sinus pressure. Sugars and dairy products may increase mucus production in certain people and should be avoided.

Keeping the home free of dust, molds, and chemicals can help in chronic cases. For many, relief can be obtained by using a vaporizer, an air conditioner, or an air purifier. The patient should not smoke and should avoid second-hand smoke.

If nasal secretions are clear after one week, it is most likely not an infection, but an allergy. Mucus that becomes greenish, purulent, or tinged with blood is strongly indicative of an infection.

**Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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