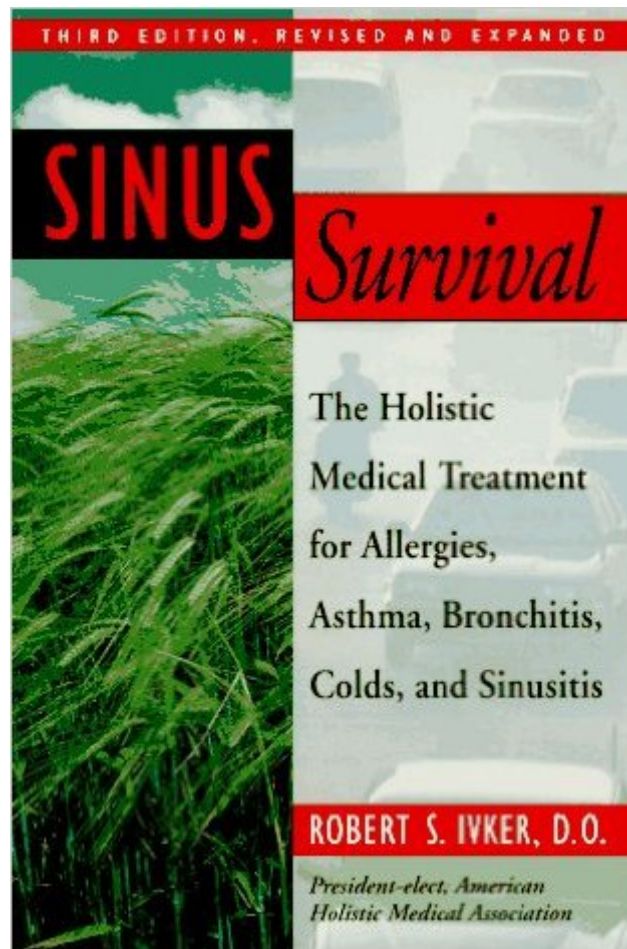


The book was found

Sinus Survival: The Holistic Medical Treatment For Allergies, Asthma, Bronchitis, Colds, And Sinusitis



Synopsis

A revised and expanded edition for sufferers of sinus ailments and respiratory problems offers up-to-date medical guidance, including diagnostic tips, a variety of traditional and holistic techniques, and preventive recommendations. Original.

Book Information

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Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (13 customer reviews)

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Customer Reviews

While I was reading this book 3 years ago, I started taking vitamins, stopped eating dairy and drinking sodas, and stopped taking antibiotics and nasal inhalers. I can't tell you how much this has helped me! I have bought or given my copy (then, replaced it, of course) to my mother, my grandmother, and a friend who could not SCUBA dive because of sinus problems. This book gives so many suggestions and so much information that even trying a few can really change your life - I am now living in a highly polluted area and I still SCUBA dive and breath! Thank you for a life-saving book.

While reading the first 3 chapters of this book, I started crying because Dr. Ivker understood and described in detail what I was going through. If you have ever felt like your sinus problems are ruining or controlling your life, and all the doctors can do is give you an antibiotic or a decongestant, then you need to read this book. If you live in an urban or agricultural area, you will be especially interested in what Dr. Ivker writes about air pollution's effects on your condition. The author has suffered with lots of sinus problems himself, in addition to the thousands he has treated, so he

knows what he's talking about. The book gives very practical and specific suggestions regarding diet, vitamins and supplements, exercise, and environmental changes you can make in and around your home. This book pulls together in one place everything I've been able to find on the topics of sinusitis and allergies.

As a number one candidate for major sinus surgery with severe sinus disease, I was lucky enough to discover this book--and it has changed my life; and my sinuses! It took several months, as the author said it would, but through techniques such as sinus irrigation and the use of nutritional supplements I have completely healed myself of this chronic disease that consumed my life. Ivker is not only not afraid to go against the AMA grain, but approaches dis-ease through meticulous research of all forms of medicine. He is a genius and modern day healer.

My son was plagued by chronic sinusitis from 2yrs through the age of 7. After constantly being prescribed antibiotics, inhalers and even steroids, I came across Sinus Survival and the link to nutrition and food sensitivities discussed in the book. The difference was immediate and significant. The culprit: chocolate and cocoa discovered through the strategies suggested in the book. I highly recommend the book for chronic sinus sufferers as well as parents of children who have frequent ear infections. They may not need those ear tubes!

Having suffered through the medical system for years with repeated antibiotic treatments, this book summarized my "condition" better than anything I'd read in years. After 6 weeks of faithfully following this regime, I was sleeping at night, NOT coughing up fluid like a consumption patient each morning and headaches were a memory rather than a daily reality. Highly recommend this book.

This was the first book I've read that made a connection between sinus problems and candida. He devoted a whole chapter to candida. Since reading this book, I have been treating my sinuses through candida medications and candida diet. This has been the ONLY thing that has helped me in all these years. After researching candida further, I found out there CAN be a connection between candida and dental amalgams which I believe has been causing my problems all along. (This is about the only thing he hadn't mentioned in his book). Along with this problem stemmed a problem of main-stream doctors' treatment with antibiotics and prednesone for the last 30 or so years on a regular basis.

This book has given me hope for a better quality of life. I am not able to try all the herbs because I am nursing but the yeast diet has changed my overall health. I don't recommend doing everything he says in the diet or you won't eat much but just cutting out sugar and bad carbohydrates I have been healthy and my last cold didn't turn into the usual nightmare sinus infection I always get! Now my brother is reading my book and I recommend to friends suffering with sinus problems. Exercising is possible for me now and is keeping me healthier. The fatigue is getting better now too. I think if you can do the herbs you will have even better results than me. This book has really helped me!

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