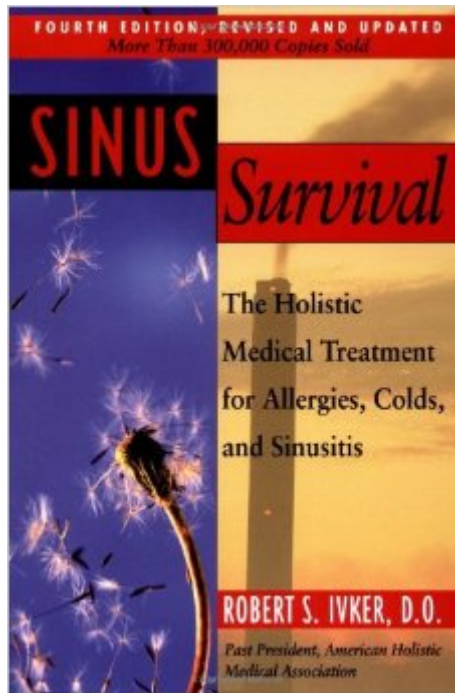


The book was found

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



Synopsis

Sinus Survival provides crucial guidance and information on such topics as: - how to select over-the-counter drugs that won't do more harm than good; -how to learn simple exercises that can aid sinus drainage; and- how dietary and lifestyle changes can significantly relieve sinus and respiratory disease.

Book Information

Paperback: 400 pages

Publisher: TarcherPerigee; 4 Rev Upd edition (September 25, 2000)

Language: English

ISBN-10: 1585420581

ISBN-13: 978-1585420582

Product Dimensions: 5.6 x 1.1 x 8.2 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (60 customer reviews)

Best Sellers Rank: #205,522 in Books (See Top 100 in Books) #20 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #25 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory #94 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies

Customer Reviews

Well sorta...Book is a bit disjointed, half is statistics explaining what a big issue sinus problems are, half of the rest is an explanation of holistic medicine. The `good stuff' is scattered throughout. The take-aways:-`chronic' sinus issues are OFTEN infections. Infections are bad and task the rest of the immune system. First medical step is to find out if it's an infection, then get over it.-clean your environment as well as practical. These days of \$100 HEPA filters, \$100 HEPA vacuums, and \$15 ion generators, there's no excuse.-SNORT WATER. This is the weird one and has made a dramatic difference for me. Cup it in your hand and snort it baby! I've used Nettie pots, nasal spray etc. Nothing compares to violently snorting a couple ounces of water. I do it 2-3 times a day, it completely rinses stuff out and get the sinus feeling good and working again. Warm water, salt can make it a little less uncomfy but I just do it with cold tapwater for the convenience. It WORKS.-Mind/Body/Sprit: Don't make unhealthy choices and expect to be healthy. Moderation in everything especially, coffee, booze, dairy. No smoking. Attack your issues with a spirit of `can do' and aggressive happiness instead of letting it get you down. Sick mind will cause a sick body.

Healthy happy mind can sure help your body get better.-a lot of the drugs do as much harm as good. The chapter on various drugs was good. The take-away was that once you get over the infection, then clean your environment and so forth, most folks find they can reduce drug use or get off them entirely.-One contradiction I couldn't figure out was recommended humidity in the house.

[Download to continue reading...](#)

Sinus Survival: The Holistic Medical Treatment for Allergies, Colds, and Sinusitis Sinus Survival: The Holistic Medical Treatment for Allergies, Asthma, Bronchitis, Colds, and Sinusitis Naturally Sinusitis Relief FAST: Top effective home remedies to instantly stop sinus infection: - A quick read and easy steps for headache relief & nasal treatment - Simple treatments guarantee The Edgar Cayce Remedies: A Practical, Holistic Approach to Arthritis, Gastric Disorder, Stress, Allergies, Colds, and Much More Natural Remedies For Colds And Flu: How To Boost Your Immune System, Protect Yourself Naturally and Prevent Colds and Influenza with Herbal Remedies and Easy Lifestyle Changes Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions Allergies: Fight them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, ... Eat Right 4 Your Type Health Library) The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1) Sinus Secrets Revealed!: Real-world solutions to the problem of sinusitis. Homeopathic Remedies for Children: Natural Medicine for Coughs, Colds and Flu, Allergies and Other Common Illnesses for Infants SURVIVAL MEDICINE: Your Guide to Survival Basics, First Aid and the Most Common Medical Issues Encountered In Survival Situations (Survivalist, Safety, First Aid, Emergency, Survival Skills Book 1) Asthma Survival: The Holistic Medical Treatment Program for Asthma No More Allergies, Asthma or Sinus Infections: The Revolutionary Approach The Respiratory Solution: How to Use Natural Cures to Reverse Respiratory Ailments : Finally, Relief from Asthma, Bronchitis, Mold, Sinus Attacks, Allergies, Sore Throats, cold SURVIVAL: Survival Pantry: A Prepper's Guide to Storing Food and Water (Survival Pantry, Canning and Preserving, Prepper's Pantry, Canning, Prepping for Survival) The Ultimate Survival Guide for Beginners: The Best Tactics And Tips To Survive Urban And Wilderness Disasters (Survival Guide, Survival for Beginners, Survival books) Paracord: The Ultimate Paracord Projects - Learn How To Use Paracord For Survival (Survival Guide, Bracelet And Survival Kit, Prepper's Survival) Build a Survival Safe Home: The Latest Guide for Building Safe and Warm Wilderness Shelters (Survival Safe Home,

Survival shelter, Survival shelter books) Survival Medicine Handbook: Essential Things Every
Medicine Kit Needs And First-aid In Case Of Emergency: (Survival Books, Survival Guide,
Survivalist, ... (Survival Skills Book, Emergency Medicine)

[Dmca](#)