

Natural Remedies for Sinusitis

Sinus infection, or sinusitis, is an inflammation of the sinuses and nasal passages. A sinus infection can cause a headache or pressure in the eyes, nose, cheek area, or on one side of the head.

A person with a sinus infection may also have a cough, a fever, bad breath, and nasal congestion with thick nasal secretions. Sinusitis is categorized as acute (sudden onset) or chronic (long term, the most common type).

Eucalyptus: This is a fragrant herb that soothes sore throats. It also has antiseptic properties and can help shrink swollen tissues such as swollen sinus passages. It is readily available in throat lozenges, which are a convenient way to take it. You can also drink eucalyptus tea. It is very helpful to steep some eucalyptus in a large pot of boiling water and use as an inhalant to unblock nasal passages.

Peppermint: The anti-inflammatory properties of peppermint help to calm mucous membranes. You may drink peppermint tea or steep the peppermint and breathe in the steam. Peppermint vapours when inhaled, help to ease your breathing.

Garlic: is another popular of the 'natural' remedies. Take one whole bulb of fresh garlic and use as follows.

Method

Crush the garlic to extract the juice, then mix with twice as much water to make the drops, which should be stored in a glass jar.

Clean and blow your nose.

Lie down then use an eye dropper to insert two to three drops into each nostril. Sniff fairly hard so the drops go right up your nose. If the solution irritates too much, reduce the number of drops. Apply two to three times a day during a sinus infection or head cold, and regularly as a preventative.

You can also make a paste with the garlic juice and honey, and apply into your nostrils with a cotton bud.

If you're looking for a more hands-on approach that doesn't involve drinking or eating anything that potentially tastes awful, there is always acupuncture. But make sure you see a reputable practitioner of this method.

If you're looking for a method you can do yourself, try this. Rub your hands together to warm them up. Use the palm of one hand to rub the tip of your nose in a circular motion, 15 to 20 times, then another 15 to 20 times in the opposite direction. Do this several times a day for sinus problems, nasal congestion and stuffy nose, and regularly as a

preventative.

Suggestions

Let your doctor know the remedies you're planning to try. He/she may have an additional perspective

Liaise with other sinusitis sufferers and compare notes.

Sources: www.herbalremediesinfo.com and www.chinese-holistic-health-exercises.com