

SINUSITIS

A NATURAL APPROACH THAT WORKS

How to treat sinusitis, sinus headaches and congestion naturally

Sinuses are hollow spaces or cavities near the bones in the skull around the nasal passages. Each sinus has an opening that allows the exchange of mucus and air and the four sinuses are joined together by a thin membrane. Nearly two pints of fluid moves

As a therapist, especially focusing on the face, I discovered that a very high percentage of people suffer from sinusitis.

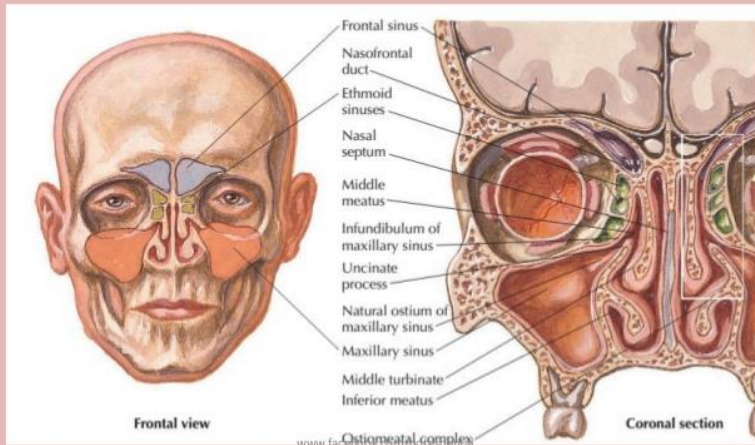
Chronic sinusitis, a condition where the sinuses become infected, inflamed and congested, is ever increasing here in the city. I wonder if this has to do with the level of pollution we are more and more exposed to which exacerbates inflammation of the mucus membranes. Impairing the normal functioning of the nasal passages causes the normal flow and drainage of mucus to be obstructed and accumulated, then leading to infection. Sinus infections usually is by a virus, bacteria or fungi (fungal spores in the air are thought to be one of the most common causes of sinusitis).

The **mucus membranes** lining the sinuses are constantly bathed in mucus secretions which carry the first line of defence against invaders. When the mucus accumulates and is blocked from normal drainage the tissues can become infected as well. With the presence of dangerous pathogens such as **virus, bacteria or fungi**, the membranes begin to secrete much more mucus in an attempt flush out the invaders. That is why we experience sneezing and runny nose when we have a cold, but with sinusitis everything is stuck and stagnating, the mucus membranes becomes inflamed (feeling swollen and hot) making breathing difficult. The area around

your eyes and face may also feel swollen and you may have throbbing facial pain or a headache.

The most common **symptoms of sinusitis** or sinus infections are pain in the head, ear or neck; headaches in the morning; pain in the jaw, cheeks and teeth; pain between the eyes; stuffy nose; loss of smell and tenderness around the nasal passages.

PARANASAL SINUS



AN HOLISTIC APPROACH:

HERBS, ESSENTIAL OILS AND MASSAGE

My approach aims at supporting and facilitating the body's self-healing abilities. Many people have found that antibiotics or even surgery have not helped them to heal and resolve their sinus issues and are now turning for help towards natural remedies.

Inflammation and excess mucus production, the major symptoms of sinusitis, are normal healing processes: the body's attempt to re-establish health balance. Therefore, from a holistic perspective it is important to choose treatments that activate, facilitate and moderate these healing processes, rather than suppress them.

Several over the counter (packed with chemicals) medicines appears to help giving momentary and symptomatic relief but unfortunately after 5 days of usage these medicines actually start causing the same problem you are needing relief from, it's called the negative feedback system. They are quite harsh on the mucous membranes causing even more irritation (and consequent increase of mucus secretion to counteract the irritation – it is our body's natural defence mechanism) and leading to burning sensations and even nose bleeding.

The goals of treating chronic sinusitis with herbs/essential oils (and massage), are to eliminate the infecting microbes (infection), reduce inflammation, drain and clear out accumulated mucus and return the mucus membranes and immune system to a healthy functioning state.

Below is a list of recommended herbs.



Echinacea purpurea

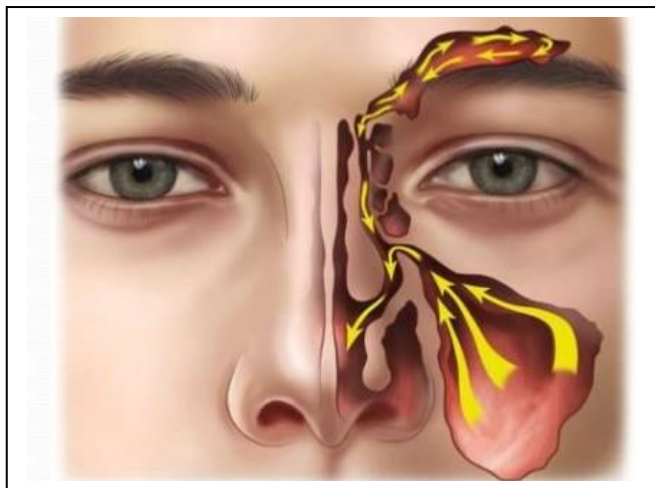
Herbs/Essential oils that **stimulate immune function and facilitate lymphatic movement** can be especially helpful in chronic sinusitis where the healing process is blocked by immune weakness and congestion, and where the microbes are proliferating unchecked. **Anti-inflammatory Aromatic Oils:** some herbs help to moderate the inflammatory response and the mucus secretion without completely suppressing it or suppressing immune function, thereby allowing the body's healing activity to continue, while reducing pain and blockages. **Decongesting Aromatic**

Oils: there is a selection of herbs that promote decongestion without over-stimulating the mucus membranes, suppress their functions or dry them out excessively. **Antimicrobial Aromatic Oils:** the antimicrobial activities of essential oils are well studied and offer much potential in terms of preventing infection in the sinuses as well as treating the infection once established.

After treating the sinusitis effectively, so that the healthy state is regained, herbs for strengthening immunity should be considered, particularly if the sinusitis has been chronic or recurring. Astragalus root, licorice root and reishi mushroom as well as other medicinal mushrooms can be helpful to strengthen immunity. If you have a history of asthma or other

chronic respiratory condition or if you are pregnant, please talk to an herbalist who can work with you to develop an appropriate plan of treatment.

MASSAGE AND CUPPING



We can facilitate *Lymphatic Stimulation with both herbs and massage.*

CUPPING MASSAGE is wonderful for sinusitis as it is a very effective tool that helps to decongest the sinuses and facilitates lymphatic drainage. Just like cupping, Gua Sha has also been traditionally used in Chinese Medicine to very effectively treat sinus congestion.

The treatment I offer provides immediate relief to most people, it includes **massage,**

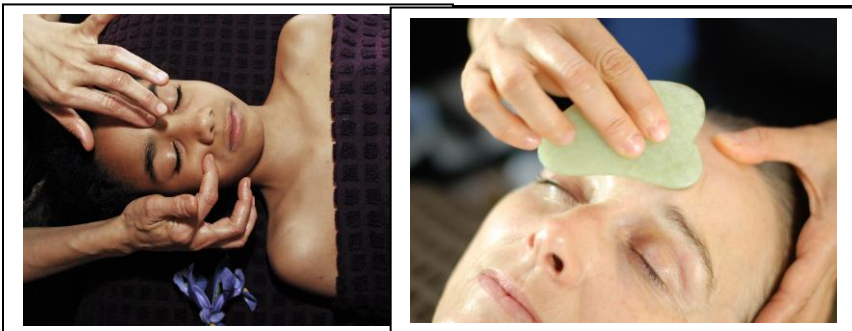
acupressure, Facia Reflex Therapy, jade Gua Sha and Facial cupping, all combined with powerful healing essential oils all specific to sinusitis. My essential oils blend **Sinusitis Relief** is especially designed to treat inflammation and infection and relieve pain.

ESSENTIAL OILS

My **Sinusitis Relief** formula to apply locally on the area or to use for steam inhalation or nasal inhaler, includes energetically cooling essential oils: Rosemary verbenone, Spike lavender, Eucalyptus radiata, Pine, Eucalyptus dives, Peppermint.

Other relevant essential oils that I may use depending on client's symptoms are Niaouli, Sage, Thyme geraniol, Rosemary1.8 cineole which has extensive evidence in its ability to reduce inflammation of the respiratory mucosa but if the congestion is thick and purulent, Rosemary verbenone is needed first. Rosemary and Peppermint have been shown to assist with headaches.

When you come for a treatment specifically for sinusitis I will personalize the treatment and essential oil blends especially for your needs. This will include various methods of intervention and direction for a home treatment.



You can also learn how to use **Bellabaci Facial Cups** at my next



Workshop:

**The Art Of Facial
Massage**

<http://www.westnorwoodtherapies.com/the-art-of-facial-massage/4594024078> and carry on the treatment at home between your sessions with me. The treatment is simple to do, results are

cumulative plus preventative and you will also treat your wrinkles around your eyes, on your forehead and lift up your face as a Bellabaci Bonus!

Follow these simple instructions on how to treat sinus headaches and congestion naturally with Bellabaci Facial Cups:

1. Apply Sinus Relief roll on o the sinus areas. Oil is necessary to facilitate movement of the cups. Squeeze the cup and set it down between your eyebrows, above your nose. Now glide the cup towards your temple and repeat at least x5.
2. Squeeze and place the cup under your eye, in the corner next to your nose, and glide the cup towards your temple and repeat minimum x5.
3. Repeat number 2 & 3 on your left side.

Repeat daily for maximum and consistent result.

PS: Remember to keep the cup moving at all times.

If your headaches radiates towards the back of your skull, its good to place the soft Bellabaci Body Cups on the back of your neck, one on each side of the vertebra, near your hairline.

PPS: Don't have your own set of Bellabaci Cups yet? View our online store [HERE](#)

STEAM INHALATION and other home remedies including diet

Steam inhalations are a very effective method to help moisturize the sinus cavities by draping a towel over your head as you breathe in the vapor from a bowl of hot water, breathing in the warm, moist air. Be very careful not to burn yourself. For very small children diffuse the oils in the room or put the essential oils in a bowl of hot water. Diffusion of essential oils at home is also helpful to **reduce fungal spore load**. This will help ease pain and help mucus drain.

Adding essential oils to the steaming water highly enhances the effectiveness of these treatments. The essential oils mentioned above are a suggestion. A blend formulated by an expert Aromatherapist would be ideal. After 5-10 minutes, you can start the Bellabaci Cupping procedure. This method is very effective also if you have a cold or a cough steam.

Regular **Aromatherapy massage** is very beneficial for general wellbeing and health and to assist the respiratory system. Relaxation and rest helps by allowing the body to channel as much as energy as possible to the healing process.

Local application of heat can also be useful to relieve pain and inflammation as well as facilitate drainage of sinus secretion. Apply warm compresses to your face. Dampen a towel in hot herbal tea or essential oils and place around your nose, cheeks and eyes to ease facial pain.

The practice of **intranasal lavage** (rinse out your nasal passages) is a core hygiene practice in the yogi tradition as well as having good evidence in orthodox medicine as being beneficial for the treatment and prevention of sinusitis. Using a **neti** pot filled with warm salt water or saline solution is a popular option.

Sleeping with the head elevated can assist the drainage, reducing congestion and minimizing night time coughing. Using essential oils in a diffuser in the bedroom can help both by encouraging decongesting, but also by dispersing anti-microbial oils into the air, discouraging infection. Rosemary, lavender, eucalyptus and pine are all helpful essential oils for this approach.

Good diet can help heal sinus problems.

Sinus problems usually benefit from a cleansing diet of vegetables, fruits, and grains. Greens, [lemon juice](#), carrot juice, pineapples, papayas, and apples are good things to add.

Don't forget to drink plenty of pure, fresh water – the best remedy of all. If you have chronic or recurring sinusitis, consider reviewing your diet to see if eliminating food allergens such as dairy products, wheat or other gluten-containing grains may help. Eating pungent foods such as hot, spicy Latin or Indian food or **fresh horseradish** can help clear congested sinuses, too.

Supplementing with **Vitamin C and Vitamin D** can help reduce inflammation and strengthen immune response. Although zinc supplementation can be helpful, it will be more effective if included in a good multivitamin on a daily basis rather than attempting to load up during an illness.

Drinking plenty of **water** and herbal teas can help the healing process by improving lymphatic and mucus flow. Avoid beverages that contain caffeine or alcohol, as they can be dehydrating. Drinking alcohol can also worsen the swelling of the lining of the sinuses and nose. Be cautious of excessive fruit juices, sodas or sugary foods, as sugar suppresses the immune system. Smoking or exposure to smoke or other airborne pollutants can also severely impede the healing process.

HERBS THAT TREAT AND PREVENT SINUSITIS AND SINUS CONGESTION

Herbal teas are excellent sinus treatments. As you sip **herbal tea**, inhale the soothing vapors. This herbs can also be taken as a tincture. Other good herbs for treating sinus problems include **mullein**, **chamomile**, **comfrey**, **marshmallow**, **ginger**, **fenugreek**, **thyme**, and **calendula**.

Nettle: nettle inhibits the production of histamine, the chemical responsible for causing inflammation within the nasal and sinus cavity. Nettle is also an excellent detoxifying herb helping to remove chemical allergens and toxins from the bloodstream.

Eyebright: helps to increase circulation around the eyes and nasal regions. The Materia Medica, the most comprehensive information guide on herbal extracts, lists an indication for eyebright as "an excellent remedy for problems with mucous membranes" which is exactly what sinusitis is.

Horse Radish: this herb contains astringent volatile oils that rapidly increase circulation to the nasal passages helping to unblock the nasal and sinus cavities to eliminate congested mucus. Stagnant mucus is the perfect breeding ground for bacteria leading to sinus infection. Additionally, horse radish has natural antibiotic properties helping to fight any infection causing bacteria and does not compromise the immune system which can occur with some antibiotics.

Elderberry and Elderflower: extensively studied for its anti-viral properties, elderberry extracts also display antimicrobial properties and support the immune system. Ensuring the optimum working of the immune system most definitely helps to minimise the risks of sinus infection. Elderberry extracts have also been shown to reduce swelling in the sinus cavity which improves sinus drainage and decreases nasal congestion. Elderflower is specific for the upper respiratory tract, therefore the nasal passages.

Plantago: can help with sinus congestion, it contains naturally occurring chemicals that help to weaken the bonds that form mucus thus easing its expulsion. Additionally, it contains a high amount of naturally occurring silica which helps to reduce inflammation within the sinus cavity leading to lessened mucus production.

Echinacea root: stimulates the immune system, stimulates lymphatic activity and reduces mucus membrane inflammation. Echinacea has an overall beneficial effect on mucus membrane ecology.

Scullcap root: (*Scutellaria baicalensis*) has broad activity against many pathogens including both bacteria, fungi and flu virus. It is anti-inflammatory and helps moderate excess immune activity such as allergies and auto-immune conditions.

Spilanthes: stimulates immune and lymphatic activity and is strongly anti-fungal, anti-bacterial and antiviral.

Goldenseal root: (*Hydrastis Canadensis*) is one of the most powerful anti-microbial herbs, and is anti-inflammatory, however it must be used only in small amounts and best in combination with other herbs to prevent excessive mucus membrane stimulation and dry out.

Bayberry root: (*Myrica cerifera*) calms excess mucous production and helps normalize mucus flow.

These herbal remedies taken as a tea or as a tincture, are considered safe to use alongside most medications but please check with your doctor if you are unsure.

This content is not intended to replace conventional medical treatment. Any suggestions made and all herbs listed are not intended to diagnose, treat, cure or prevent any disease, condition or symptom. Personal directions and use should be provided by a clinical herbalist or a professional Aromathrapist.