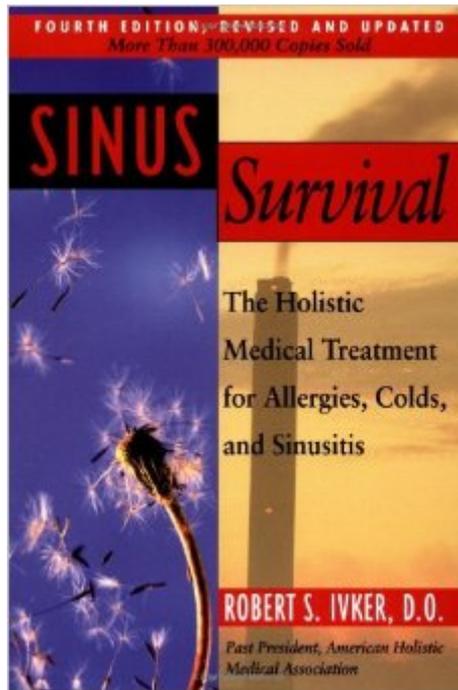


The book was found

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

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (60 customer reviews)

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

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