

# Sinus Protocols - Fivefold Sinus Strategy

**Sinusitis is often classified as Acute: Less than 4 weeks**

**Sub-Acute: 4-12 weeks**

**Chronic: More than 12 weeks**

- 1) Reduce factors that cause excessive mucus production and inflammation** by reducing wheat, dairy, and sugar. My experience is that eliminating wheat and dairy can fix 50% of chronic patients, regardless of their presenting complaints. In other discussions, sugar intake has been linked to reduced immune competence. Reducing sugar intake is therefore essential for chronic cases. Other foods may also have to be evaluated. Many companies are available to evaluate food sensitivities. Just to give you an idea Bio-Tek (206) 365-1256 utilizes bloodspot technology to determine IgA and IgG antibodies from 96 different foods for around \$200.
- 2) Thin existing mucus.** Iodine is necessary to make an enzyme called muconase, an enzyme which helps digest mucus and has a thinning effect. Liquid Iodine Forte, 6 droppers full in a water bottle, and drink throughout the day. Iodine also has antibacterial and anti-fungal properties. Proteolytic enzyme combinations, particularly bromelain, may also prove beneficial to promote drainage and thereby enhancing access to other antibacterial/anti-fungal agents. Intenzyme Forte 4-10 tablets qid.
- 3) Rinse or wash away excessive mucus** by using a nasal lavage to thin the mucus and soothe membranes. I have 2 recipes listed below that have worked well. The salt water is more soothing, and the iodine is more therapeutic, but I encourage my patients to try both and see which one provides the greatest relief.
- 4) Add nutrients that have antibacterial and anti-fungal properties.** Of course, we are talking about our emulsified Oregano oil, ADP (4 tid). Another product that works in conjunction with ADP on deep underlying fungal problems is FC-Cidal at 2 caps three times per day.
- 5) Support the immune system** for chronic infections by supporting the immune system with probiotics that adhere to mucosal tissues, immune modulating nutrients, and botanicals. Three products should be considered. Adult ENT-Pro or Children's ENT-pro, Bio-Immunozyne Forte, and IAG. Adult ENT-Pro has unique immunomodulatory effects. Adult ENT-Pro has over 40 studies showing its safety, stability, and effectiveness against the pathogens most seen with ENT cultures. It's a tasty, chewable, strawberry flavored probiotic and has been shown to be effective against 3 strains of Candida, Klebsiella, and two forms of staph to name a few. But it has been shown to strengthen macrophage activity and natural killer cells and increases activity of secretory IgA. In essence, it enhances or modulates health by driving or activating mucosal immune mechanisms. Adult ENT-Pro contains a proprietary blend 6 billion organisms

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designed to adhere to the oral cavities and affect microbiota in the ear, nose, and throat. Bio-Immunozyne Forte provides trace minerals, vitamins, and botanical agents. It provides foundational immune supporting nutrients. We often forget how powerful minerals like zinc and selenium can be if patients are deficient. Bio-Immunozyne Forte also provides a healthy dose of antioxidants and immune support glands like thymus, spleen, liver, adrenal, and in a neonatal, anabolic form. Another way to support a healthy immune response is to increase natural killer cells. The arabinogalactan product IAG has been shown to increase natural killer cells and supports cell to cell communication and can be used with serious cases.

## Rinse and Salt Lavages

The following lavages can be tried individually. Then, allow the patient to see which one brings the most comfort as the nutrients and diet reduce mucus and inflammation. These are by no means the only sinus washes available, but the ones listed below are safe and bring comfort. If you find others that bring comfort and relief, please share the information with us that we may share with others.

### SALT WATER

Use 8 ounces of pure water (no fluoridated or chlorinated water), add ½ teaspoon of Celtic Sea Salt and a pinch of baking soda to adjust the pH. Use a teaspoon and inhale through one nostril while closing the other. Try to inhale a teaspoon, blow your nose, and inhale another. Continue the process 2 or 3 teaspoons until you feel you have maximum benefit. The salt will dehydrate the bugs and bring relief to the nasal passages. It also thins and strips mucus. Expect to cough up or see multicolored mucus when you blow your nose. The salt water mixture can be used throughout the day.

### SALT AND IODINE COMBO

One of my colleagues uses a combination of salt and iodine nasal flushing system called Nasopure. He has called me several times to share his successes. He mixes 8 ounces of water with 8 drops of Liquid Iodine Forte with a buffered salt. He uses 3 scoops of a salt called “Ancient Secrets Nasal Cleansing Salt.” I just use a ½ tsp of Celtic salt with a pinch of baking soda.