

# Sinusitis... Try This Strategy

*"By thinning the mucus and applying nutrients that are antifungal and antibacterial in nature we can treat the cause, not just the symptoms."*

Sinus infections are more prevalent than most physicians realize. Sinusitis may have already replaced the common cold as our most "frequent" illness. In a research study performed at the University of Virginia in 1993, students who thought they had a cold were evaluated with CT scans, the most used diagnostic test for sinusitis. The scans revealed that 87 percent did not have a simple cold, but in fact had a sinus infection!

Other researchers claim chronic sinusitis affects 17 percent of the adult population of the U.S. Chronic sinusitis causes long-term nasal congestion, production of thick mucus, loss of sense of smell and creates an environment for opportunistic bacterial infections that exacerbate those symptoms.

Often physicians treat sinus infections with antibiotics



with mixed results. But perhaps you've heard about the work with fungal organisms at Mayo Clinic and the University of Buffalo.

Dr. David Sherris and his team championed this discovery back in 1999. His team showed that "fungal organisms were present in the mucus of 96 percent of patients who had surgery for chronic sinusitis, and that inflammatory cells were clumped around the fungi, which indicated that the condition was an immune disorder caused by fungus."

These fungi cause inflammation and the thickening of healthy mucus.

The average human body produces about a litre of mucus per day. Nasal mucus is clear and thin. However, during times of infection, mucus can change color to yellow or green either as a result of trapped bacteria, or due to the body's reaction to viral infection. An excessive amount of mucus is a breeding ground for bacteria and other airborne fungi. So if we can thin the mucus and

apply nutrients that are antifungal and antibacterial in nature, we can treat the cause and not just the symptoms.

I have listed a comprehensive fivefold sinus strategy on the link below with nasal rinsing recipes, antifungal suggestions and mucolytic agents like iodine. But I'd like to share one element of the strategy based on personal feedback from several clinicians that will help you with those real tough cases.

One of the physicians, a colleague and friend, called to tell me his wife had been suffering from an acute sinus infection. For several days she was so packed with mucus that it was difficult for her to breathe. She was unresponsive to chiropractic care as well as salt water lavages. The mucus was so thick she couldn't get the fluid in her nose. Knowing proteolytic enzymes can reduce the viscosity of inflammatory exudates and ultimately promotes drainage, he gave her Intenzyme Forte, 10 tablets, three times a day between meals.

Intenzyme Forte by Biotics Research is a broad spectrum, enteric coated proteolytic enzyme formula. It's in the top 5 of my favorite supplements. Based on the life work of Dr. Wolfe in Germany, Intenzyme Forte not only contains therapeutic levels of pancreatin, bromelain and trypsin but has the highest levels of alpha chymotrypsin that I know of.

Much to her surprise by the end of the second day, the mucus began to break up and she was able to expel it. The sinus condition completely cleared in the next few days. He was so thrilled he called me hoping I

would share his experience with other doctors.

Over the years, several physicians have called me to share similar experiences, so this is not just a case of one. You see before patentable drugs like NSAIDS became so popular, proteolytic enzymes were used in medicine to reduce inflammation and healing time.

Back in the sixties, three separate double blind studies looked at combining antibiotics and or decongestants with an enteric coated proteolytic enzyme bromelain preparation. The placebo group used antibiotics and or decongestants and a placebo. The proportion of patients who had an excellent response was significantly higher in the bromelain groups than the control groups. In each of the 3 studies, the Bromelain experimental group reported greater results: 69% vs. 23% in the 1st study, 80% vs. 50% in the second study and 87% vs. 68% in the 3rd study. So the bromelain formula intensified the effectiveness of treatment in all 3 groups.

Other studies have shown proteolytic enzymes to be effective to reduce healing time with other kinds of inflammation and injury, so the results of these 3 studies are not a surprise.

Sometimes we forget the power of natural supplements. So the next time someone comes in your office with sinusitis, take a look at my fivefold sinus strategy and consider proteolytic enzymes as an added punch.

Thanks for reading this week's edition of the Tuesday Minute. I'll see you next Tuesday.