

Updated Sinusitis Program

“Start assessing your patients and see if they have signs of hidden infections and look to the sinuses as a focal point of infections”

We've talked about hidden infections being an underlying cause of pain and systemic inflammation. One of the places to look for them is in the sinus cavity.

From my five-fold sinus strategy, I want to share 2 that you might not have considered. But first I want to highlight why sinus infections are more prevalent and more serious than we think.

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 or viral infections that exacerbate those symptoms.

In another 1999 study with the Mayo Clinic and the University of Buffalo, Dr. David Sherris and his team showed that "fungal organisms were present in the mucus of 96 percent of patients who had surgery for chronic sinusitis. Of interest was 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 liter 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 to the right with nasal rinsing recipes, antifungal suggestions and mucolytic agents like iodine. Now let's get back to the 2 strategies I wanted to share.

A physician 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. Intenzyme Forte is 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 vs the control groups: 69% vs. 23% in the 1st study, 80% vs. 50% in the second study and 87% vs. 68% in the 3rd study.

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. The second piece of my 5 fold strategy is to support

the immune system with a targeted oral probiotic called Adult ENT-Pro for adults and Children's ENT-Pro for kids.

Over 40 studies show safety, stability and effectiveness against the pathogens most commonly seen with ENT cultures. The tablets are a tasty chewable strawberry flavored probiotic and have been shown to be effective against 3 strains of Candida, Klebsiella, and two forms of staph to name a few.

This unique ENT probiotic has been shown to strengthen macrophage activity, natural killer cells and increases activity of secretory IgA. Adult ENT-Pro and Children's ENT-Pro contain a proprietary blend of 6 billion organisms designed to adhere to the oral cavities and affect microbiota in the ear, nose, and throat. In essence, it enhances or modulates health by driving or activating mucosal immune mechanisms.

Start assessing your patients and see if they have signs of hidden infections and look to the sinuses as a focal point of infections. And you can expect, as you treat the hidden infections, pain and inflammation in other areas of their body will begin to disappear. Thanks for taking time to be with me and I look forward to seeing you again next Tuesday.