SINUSITIS
SINUS INFECTION
RHINITIS

1. Pre-Disposing Factors and Clinical Indicators: Common serum changes include increased CRP, increased ferritin, increased or decreased serum iron, increased WBC, increased platelets, and decreased selenium. With bacterial infection increased neutrophils with decreased lymphocytes and with viral infection, decreased neutrophils with increased lymphocytes.

a. Bacterial or viral infection.
b. Food or environmental sensitivity.
c. Blockage (tumor, polyp, cyst, etc.).
d. Constipation or biliary/liver dysfunction.
e. Oral contraceptives/exogenous estrogen.
f. Thyroid hypofunction.
g. ICV dysfunction.

2. Dietary Suggestions:

a. Avoid refined carbohydrates, processed foods, alcohol, and foods containing caffeine.
b. Avoid mucous producing foods such as dairy products (except butter) and gluten.
c. Drink at least 8 full glasses of pure water each day (no well water or city water).
d. Increase raw food and quality protein.

3. Primary Supplemental Support in order of need: Ensure the need for antibiotic therapy is ruled out. Use the following program alone or in conjunction with prescribed medication.

a. For bacterial infection use **Neutrophil Plus** - 2 tid. For viral infection use: **Ultra Vir-X** - 2 tid. In either case use **OOrganik-15** - 4 tid and **Olive Leaf - 1** tid. For fungal or yeast infections see the section of this manual covering those subjects.
b. **Cytozyme-THY** - 5 tid.
c. **Sign-U-Spray** - As directed by the manufacturer.
d. If mucous is thick and will not drain add **Bromelain Plus CLA** - 6 bid on an empty stomach and **Iodizyme-BP** - 1 tablet daily.
e. **IAG** - 2 teaspoons full tid.
f. **Bio-FCTS**- 2 bid.

4. Other Considerations:

a. **Bio-Immunozyme Forte** - 1 tid.
b. **Mixed Ascorbate Powder** - To bowel tolerance.
c. **21st Century Homeopathic for Lymphatic Drainage** - 1 capful bid.