

pain relief and pressure reduction. Leave the compress on the skin for ten minutes, and then repeat several times throughout the day.

Nasal Irrigation

Another natural solution to preventing and treating sinusitis is called nasal cleansing, also known as nasal irrigation. Cleaning the nasal passages is part of the ancient Indian practice of Ayurvedic medicine. Cleansing the nasal passages of excess mucous not only keeps your nasal airway clear of proinflammatory substances, but it reduces the need for medication. A study on nasal irrigation using saline confirms it helps reduce symptoms and improves quality of life for sinusitis sufferers.¹

A common way of irrigating the nose is to use a neti pot, which has a long spout that you insert into the nose and let saline solution flow through the area. Neti pots and similar devices are available at many pharmacies and natural health stores.



Concerns About Antibiotics

If home treatments are not effective, you may need antibiotics. However, the use of antibiotics is not without controversy. Many medical experts claim antibiotics are prescribed too often for this condition - possibly because it is difficult to discern if sinusitis is caused by a virus, bacteria or fungus. Viral sinusitis can create conditions that allow bacterial infections to develop. However, antibiotics are effective only against bacteria - not viruses or fungi. The overuse of these drugs can lead to antibiotic resistance and the creation of superbugs.

Some research also questions the value of antibiotics. In a sinusitis study published in the Journal of the American Medical Association, researchers noted that antibiotics and a topical steroid were no more effective at treating symptoms than a placebo. They remarked, "Our main conclusions are that among patients with the typical features of acute bacterial sinusitis, neither an antibiotic nor a topical steroid alone or in combination are effective in altering the symptom severity, the duration, or the natural history of the condition."²



Quote to Inspire

"I eat really healthy, and if I'm tired, I take a nap"

- Casper Van Dien

References and sources:

1. Efficacy of daily hypertonic saline nasal irrigation among patients with sinusitis: a randomized controlled trial - J Fam Pract. 2002 Dec;51(12):1049-55.
2. Antibiotics and Topical Nasal Steroid for Treatment of Acute Maxillary Sinusitis - JAMA 2007;298(21):2487-2496. doi: 10.1001/jama.298.21.2487.



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