

In a nutshell

Sinus infections are due to a deeper cause

Reduce mucus-forming foods

Treat local inflammation with “Sinease”

Address any bowel problems

Improve your immunity – “Blood tonic”

Still having trouble?

Look to digestive insufficiency, parasite infection and spinal misalignments, also, have you changed your diet sufficiently?

See our in-house qualified Naturopath



Why Herbal remedies?

The use of plants as medicine is backed by the longest clinical trial in history. By observation and experimentation, all human cultures have proven over time, the efficacy of plant medicine.

Herbal medicine has a vast track record of over 40,000 years and their protocols fit with all the criteria of the scientific method, i.e. observation, hypothesis, experimentation, proving, and results are consistently repeated. It is natural, perfectly logical and based on natural laws and principles. Today, over 75% of the world’s population use Herbal medicine as their primary means of health care.

Many chemical drugs are based on compounds found in plants. For example, the idea of Valium comes from the valerian root and aspirin from the salicylates found in Willow bark, yet these medicines were known by indigenous cultures for 1000’s of years! Herbalists choose to use plant remedies because of their proven efficacy and their low or no risk of side effects.

Scientists can make artificial seawater in the laboratory; however, no fish will live in it! The biological complexity of plants cannot be reproduced and they are ideally suited to our biologically complex physiology. Although Herbalists recognise the existence of active principles within the plant, the other, less active parts are an integral part of the whole remedy. Nature is the perfect scientist

Well-chosen herbs are in harmony with human beings. Evolved by Nature herself, they are our allies and ideally suited to their role of promoting health and helping to move humanity beyond disease.



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SINUS SOLUTIONS



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Sinus infection is a result of deeper causes. These causes are often the failure of normal eliminative channels to reduce bodily waste products.

The eliminative channels of the body: the bowel, the urinary tract, the skin, liver and the lungs together keep the body free of clogging mucus and sediment. It is imperative that we keep them all in working order. Some people have inflamed sinus mucus membranes and they must work harder to maintain health. These sensitive people need to rebuild the respiratory system with careful adherence to a mucus free diet and the use of herbs.

The sinuses will vicariously "take over" or compensate for other eliminative channels not working correctly. Commonly I have found congestion in the caecum area of the bowel to be directly contributing to over 75% of individuals with sinus inflammation.

Dairy products and wheat are the most common offenders in creating unhealthy mucus in the system to be eventually eliminated vicariously by the sinuses.

The spinal column may be out of alignment. Misalignment of the 2nd cervical and the 1st to the 5th thoracic vertebrae can contribute to respiratory and/or sinus problems. Any number of spinal adjustments can afford temporary relief but will come "undone" within a matter of hours, days, or weeks unless we follow a proper diet and regime which will rebuild the nerves and muscles going to that vertebrae.

Herbal formulae and diet are a most effective means of reducing inflammation of the sinuses. Natural hygiene eventually restores the mucus membranes of the sinuses to a healthy state where re-infection is unlikely if ever to occur again.

Airborne or environmental irritants are merely triggers to sinus infection. The true cause relates to a systemic poisoning or toxæmia that no amount of local or palliative treatment can cure long term.

Solutions to sinus infection

1. Reduce the inflammation – "Sinease" formula 5 and up to 10 mls three times daily
2. Clear the offending waste from the lower bowel – "Procleanse" 1 heaped teaspoon in 200 mls water each morning
3. Clear and restore the liver – "Blood Purifying Tonic" 10mls twice daily
4. Eliminate or greatly reduce all mucus forming foods such as white flour, pasta, white sugar, dairy products, coffee and tea.
5. Flush offending wastes and reduces histamine levels in your tissues with at least one and ½ litres of fresh clean water daily.
6. Restore bodily pH (acid to alkaline balance) with natural unrefined "Pacific Ocean" salt in your diet – approximately ½ teaspoon daily.

Note: There are innumerable tips and extra factors associated with sinus and hay fever problems. Indeed the source of infection can be distant from the site of symptoms. This small pamphlet cannot cover them all. It is recommended you **see a Naturopath or Medical Herbalist** trained in the causes and appropriate treatment of these issues.

SINEASE 2000

A NATURAL HERBAL FORMULA CONTAINING HERBS USED TRADITIONALLY IN THE TREATMENT OF UPPER RESPIRATORY COMPLAINTS SUCH AS SINUS AND HAYFEVER

CAYENNE: (CAPSICUM FRUTESCENS) Cayenne is a pungent herb containing capsaicin, a phenolic compound which, along with other constituents, acts as a powerful circulatory stimulant, useful for quick action in dealing with colds, flu and infections. Its catalytic action increases the power of all other herbs within the combination. Cayenne is high in vitamins A and C, iron, calcium, magnesium, phosphorus, sulphur and potassium.

ECHINACEA: (ECHINACEA AUGUSTAFOLIA) Echinacea is a well-known natural antibiotic and immuno-stimulant, which improves the body's resistance to viral and bacterial infections by stimulating the production of white blood cells. It improves lymphatic filtration and drainage and helps to remove toxins from the blood. Termed the King of the Blood Purifiers, it is ideal, along with other herbs for healing infections of the sinuses.

EYEBRIGHT: (EUPHRASIA OFFICINALIS) Eyebright is an effective antiseptic anti-inflammatory with cooling, detoxifying, and anti-catarrrhal properties. The herb acts within the formula as a vaso-constrictor to the nasal mucus membranes and conjunctiva. It has been shown to be effective in catarrhal conditions of the ear, eye, nose and throat. It contains vitamins A, C, B complex, D and E, and the minerals iron, silicon, copper and zinc, with traces of iodine.

GOLDEN ROD: (SOLIDAGO VIGUREA) Golden Rod is anti-inflammatory, anti-catarrrhal and an anti-septic to the mucus membranes. It is especially useful in chronic naso-pharyngeal catarrh.

GOLDEN SEAL: (HYDRASTIS CANADENSIS) Golden seal was a favourite herb of the Cherokee Indians, and is well known for its natural antibiotic activity, and detoxifying properties. It has an anti-catarrrhal and anti-septic action on all mucus services such as the nasal area, bronchial tubes and throat. The herb contains powerful alkaloids, mainly hydrastine and berberine, and the vitamins A, C, B complex, E and F, and minerals calcium, copper, potassium, phosphorus, manganese, iron, zinc and sodium.

INDICATIONS: Chronic sinus infections, hayfever, catarrh, runny noses, sneezing, watery eyes and catarrhal conditions of the eustacian tubes and middle ear, (otitis media).

CONTRA-INDICATIONS: Use in smaller doses during the first three months of pregnancy. Some children may find the cayenne in the formula too hot and pungent.

MODE OF DELIVERY: Liquid glycerate.