

SINUSITIS Home Care

Basic to treating any acute illness are WARMTH, REST, and CLEANSING. Recurrent sinus problems are best addressed with a physician. Using natural remedies prevents overuse of antibiotics.

Sinus infections must **drain** in order to heal. Antihistamines dry up drip, and can worsen sinus infections by blocking drainage.

Compresses and inhalations can have a strong decongestant effect. A **ginger compress** is made by grating approximately 1/2 tsp. fresh ginger root onto a thin cotton cloth or a few layers of gauze. You may want to make two compresses if both sides are blocked. Gather the loose ends and hold the compress against the blocked area(s). You will feel cool moisture initially, then warmth. You can re-use the compress until you get no reaction from it. You may repeat as many times per day as you like. *Note: If your skin is extremely sensitive and you experience a strong burning sensation, discontinue the compress immediately.*

Horseradish compresses are made as above but with fresh horseradish root. This compress may be used only once a day and EYES MUST BE COVERED. Horseradish is much stronger than ginger, thus the restrictions. It is not recommended for people with very sensitive skin; **always try the ginger compress first.**

Inhalations can be done by putting **chamomile** flowers (e.g., open up a tea bag or use the loose herb) in a large bowl, pouring approximately 2 cups of boiling water over the flowers and covering yourself and the bowl with a sheet or towel so there are no air leaks. Breathe the steam for 3 minutes. If it feels too hot, open a peephole. Then, you may add a couple drops of **eucalyptus** oil and breathe the combination steam for another 3 minutes. You may do this as many times as you wish. If you use this treatment for a young child, be careful to always hold the child securely and keep the child's hands in yours (playing pat-a-cake, for example) to avoid burns.

Hepar Sulf Sinus ampules or pellets (Uriel) are highly effective for sinus infections and should be injected subcutaneously in either upper arm, or used orally four times a day for two weeks. It is most effective if you give the injection on the side most affected. Use the injection daily for 3-4 days, then decrease the frequency (every other day for a few doses, then every third day for a few doses). After the two week period, sinuses should be draining well and almost cleared up.

The next step is **Myristica Argentum (Uriel)** which is available in either ampules or globules, and is used for two weeks either by injection twice a week or orally four times a day. At the end of the second two week period, you should be well and strengthened so you are less vulnerable to future sinus infections. **Uriel Pharmacy 866 642 2858**

If you have a recurrent problem, the doctor may suggest a third step.

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