



The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions

Debra Fulghum Bruce, Murray Grossan

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AT LAST--THE DEFINITIVE GUIDE FOR SINUS SUFFERERS!

If you're one of the thirty-eight million who endure from sinus problems, you know the debilitating effects this condition can bring--from pounding headaches, runny nose, and chronic fatigue to asthma, halitosis, even serious lung disease and meningitis. The good news is that sinus disease can be dramatically alleviated and permanently reversed. Now, after years of research, interviews, and personal and professional experience, Debra Fulghum Bruce and Murray Grossan, M.D., share cures from the top healthcare specialists and patients . . . cures that really work.

In clear, authoritative language, *The Sinus Cure* explains how you can easily design a highly effective 7-step sinus healing program to help you get a long-lasting grip on your own particular symptoms. Inside you'll discover

- Alternative and complementary healing options--homeopathy, herbs, t'ai chi, yoga, and other ancient and New Age strategies
- The foods that trigger sinusitis--and the ones that soothe it
- Nutritional and natural supplements that reduce swelling and inflammation
- Proven methods for clearing the air you breathe of dust mites, mold, damp, and other allergens
- Effective sinus hygiene, including the wonder of nasal irrigators
- Exercises that can act as a decongestant
- Helpful (and not-so-helpful) prescription or over-the-counter medications
- The startling truth about sinus surgery
- How to combine the most effective medical and natural treatments to end your sinus symptoms

Although further medical research is needed to completely eradicate sinusitis, the treatments and medications described here, most without any side effects, will greatly reduce or end your sinus problems. So breathe easy. Relief is here!

From the Trade Paperback edition.

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From reader reviews:

Ryan Pearson:

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Maritza Berry:

The book untitled The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions contain a lot of information on this. The writer explains the girl idea with easy way. The language is very clear and understandable all the people, so do not worry, you can easy to read that. The book was published by famous author. The author will bring you in the new time of literary works. It is easy to read this book because you can keep reading your smart phone, or model, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can available their official web-site as well as order it. Have a nice study.

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Melody Herrera:

What is your hobby? Have you heard this question when you got students? We believe that that question was given by teacher with their students. Many kinds of hobby, All people has different hobby. So you know that little person similar to reading or as looking at become their hobby. You must know that reading is very important and also book as to be the issue. Book is important thing to add you knowledge, except your current teacher or lecturer. You will find good news or update with regards to something by book. Amount types of books that can you choose to use be your object. One of them is The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions.

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