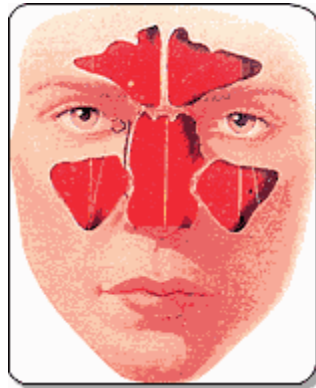


~ Ask Granny Earth ~

www.grannyearth.com



Sinusitis

Ask Granny Earth

Are there any natural remedies that I can take to prevent my reoccurring sinusitis?

Do you work around chemicals? Do you have animals in your home? Do you have any other health conditions? Any of these could be an underlying factor of your condition. The underlying cause is most likely a build up of 'toxins' in your body. These could be of a chemical nature, parasites from animals, or a virus, bacteria, fungi (molds/yeast) build up in your system. Because it is reoccurring, you are presenting with an over compromised immune system. A healthy immune system works to fight off these pathogens, but mold lowers your immunity.

Where to start?

First of all make sure that you drink plenty of water. Water can greatly assist your body's natural defenses. Try adding a tablespoon of vinegar to each glass of water, since vinegar is a natural yeast inhibitor, it can't hurt to try it for a while.

Second, take up to 10 grams of vitamin C per day and a good B-50 complex. Also take 3-500 mg of niacinamide to detoxify the mycotoxins in your system (The Cure for all Diseases).

Next, let's look at the question of pets and dust. Mites are a microscopic, external, parasites that live in dust and on pets. If you have several pets, or

you allow a pet in your bedroom, the dust will most likely have tapeworm eggs in it as well as mites. We inhale mites as they float in the dust in the air. If we live with animals we could be inhaling tapeworm and other parasite eggs too. Or we are swallowing them. Dust mites and/or animal parasite eggs are on your kitchen sponge and in food or dishes that stand uncovered. Or they might be on your hands that you forgot to wash. Eventually they get into 'you'. The mucus in our lungs trap them and they die in a few days. When they die they release *the adenovirus* (the common cold virus) into our system. A healthy immune system can keep up with destroying them, provided that you don't have a mold in you at the same time. Mold lowers your immunity, specifically and generally.

A good herb to start with would be Echinacea- it enhances the body's immune response, thereby enabling it to fight off all pathogens. Another one that's excellent for killing microbes, is Oregano oil. It contains carvacrol and thymol, which are powerful anti-oxidants. Check out <http://www.thewolfecclinic.com/oregano.html> (Scroll down to - Wild Oregano - Oil Miracle - Article by Dr. Zoltan P. Rona) for an Oregano Oil Gel Cap, which also contains Ginger and Fennel oil. I remember taking Fennel tea once when I had a really bad head cold. It cleared my stuffed-up head and took away the pain in minutes after drinking it.

Drink lots of water. Take vitamin C, a B complex, Niacin, Echinacea and Oregano oil with Ginger and Fennel. You could also buy Fennel seed at a health food store and make your own tea. It has a taste that resembles Licorice.