

WHEN somebody tells you he has a sinus problem, what would be the first thing that comes to mind? Usually, the first answer would be, "it sounds like an allergy." However, having a sinus problem doesn't necessarily mean that it stems from an allergy.

There are also those who suffer from frequent runny nose especially in the morning or at night. For office workers, it could be when the air-conditioner is directed towards them which causes them to have a runny nose or sneezing bouts. Such a poor health condition could be due to a weakened immune system rather than allergy.

Acute sinusitis afflicts sufferers no more than three times a year, each time lasting no more than 10 days. Those suffering from chronic sinusitis on the other hand, have to endure it more than four times a year, with each episode lasting more than 20 days.

In a cool and dry climate like Australia, sinusitis is usually attributed to air-borne pollen, a common allergen there. Usually, in such cases, anti-histamines combined with a certain German herbal formulation is helpful as the herbal formulation will help combat infection and reduce occurrence as well.

This unique blend helps activate the immune system and increases the body's resistance towards viral or bacterial infection. German doctors have been prescribing this herbal remedy for the past 50 years.

In a tropical climate like Malaysia, sinusitis is more likely to stem from a weakened immune system that produces

cold-like symptoms like runny nose or sneezing. In this case, the German formulation alone is enough to put a stop to those sniffles. It is most effective when taken at the first sign of a runny nose.

The key to this remedy lies in its herbal ingredients: Thujae (white cedar) and Baptisiae (wild indigo). The two herbs act as strong immune boosters and can help dry up runny noses in as little as a couple of hours, thus hastening recovery.

However, it would also be prudent to take preventive measures to ward off a sinus infection, namely:

- > Avoid contracting upper respiratory tract infection. Obtaining influenza vaccinations yearly will help prevent the flu and subsequent infection.
 - > Maintain strict hand-washing habits and avoid people who are suffering from the cold.
 - > Stress reduction and a diet rich in antioxidants, especially fresh dark-coloured fruits and vegetables, may help strengthen the immune system.
 - > Maintain good sinus hygiene by drinking plenty of fluids to keep nasal secretions thin.
 - > Avoid air travel. If air travel is necessary, use a nasal decongestant spray prior to departure to keep the sinus passages open and frequently use a saline spray during the flight.
- The chewable supplements are entirely formulated from herb extracts, and are safe for the consumption of both children and adults.

The article is courtesy of *Quanstar Biotech.*

Herbal formulations can help ward off sinus infections while activating the immune system.



Herbal therapy for sinusitis