

# Natural ways to get over your Sinus Problems faster

1. If your neck is out of alignment, this can cause sinus problems. However, if you have sinus problems, that can put your neck out of alignment. It is a vicious cycle. It helps to get it from both angles and adjust the neck, but also work on killing the bugs that grow in the sinuses.
2. Most chronic sinus problems are from fungus, not bacteria.
3. Most acute sinus infections are bacterial, but people usually don't get sinus infections who don't have a fungus growing in their sinuses chronically.
4. Taking prescription antibiotics for sinus infections will help the bacterial aspect of the infection, but will worsen the fungus and make you more likely to have a chronic sinus problem.
5. We recommend **Grapefruit Seed Extract (GSE)** because it kills bacteria and fungus.
6. The liquid GSE is 5-10 times stronger than the already made up capsules.
7. Liquid GSE tastes really, really nasty. You can probably handle up to three drops of it in water or juice. Watch the juice quantity. Juice has a lot of natural sugar, which makes fungus grow. More than three drops and we recommend you put it in an empty gel cap. You can get these at Vitamin Shoppe.
8. Try 3 drops three times per day. You can slowly work up to as many drops as your stomach can handle. The more drops you can tolerate, the quicker your sinuses will open. Once you know how many drops you can take, you can always just take that many drops.
9. The sign of too much GSE is stomach upset. It is very acidic.
10. We carry GSE in the liquid drops, a sinus spray and ear drops. If you want to kill it from three directions, try all three.
11. You cannot take GSE if you take any medicine that says not to take with grapefruit juice.
12. GSE works for 95% of people. If you are one of the 5%, try **ADP** which is emulsified oil of oregano, or **FC Cidal** which is thyme oil, or **Olive Leaf Extract (OLE)**.
13. Saline nasal washes like **NeilMed** work great. Do them regularly.
14. There is often a food allergy causing chronic sinus problems. Dairy is the most likely culprit followed by wheat or gluten.