

FAST, EASY HOMEMADE HEAVEN

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healthy living made easy



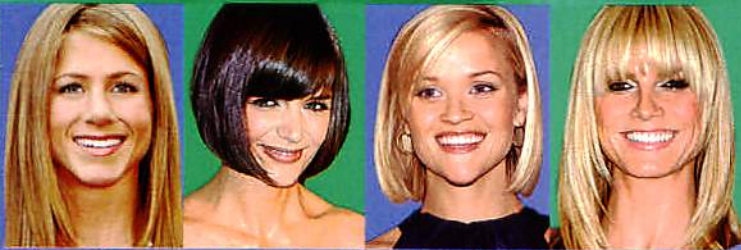
Save time, money & calories!

# First

## DROP 1+ LBS EVERY DAY

The fruit flush that fires up liver enzymes to burn 440% more fat

## YOUR MOST FLATTERING CUT



The 12 most-wanted styles for 2009

## BEST HOME REMEDIES

Top docs share the energy, immunity & wellness tips that work wonders for them

Nicole's surprising happiness secrets

TIRED? CRAVE CARBS?

# Discover extra energy

**News:** Rid your body of yeast to end hunger, fatigue & more

1/26/09

Issue 0904



# Natural cures work better for sinus pain

Save money on prescription drugs—and time spent in the doctor's office—with one or more of these MD-recommended remedies

**H**ealth experts are reporting that for more than 16 million women, persistent “cold” symptoms such as nasal stuffiness, headaches, fatigue and body aches are actually markers of *acute sinusitis*, a condition that occurs when inflammation of the sinus cavities interferes with normal mucus drainage. But forget conventional treatments. “Over-the-counter sinusitis drugs can cause rebound congestion, insomnia and tissue dryness,” warns Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!* (Avery, 2007). “And research suggests that some of the most widely prescribed antibiotics can add to the harm by turning acute cases into chronic ones.” The good news: The following remedies target the underlying inflammation to defeat symptoms and deliver life-changing relief.

## Feel the beginning of a blockage? Rinse with this

“The buildup of nasal mucus keeps inflammation in high gear because it traps bacteria, yeast, allergens and infectious waste products against the mucous membranes,” explains Dr. Teitelbaum. Fortunately, flushing nasal passages with a simple saltwater solution can remove mucus and shrink swollen tissue, halting the inflammatory cycle, he says. To reap the benefits: Combine 1 cup of lukewarm water, ½ tsp. of salt and a pinch of baking soda. Leaning over the sink, snort a small amount of the solution from your palm by closing one nostril and gently sniffing with the other; let drain. Repeat three times on each side twice daily. Or use a neti pot (available at drugstores) to slowly pour the solution into one nostril, then the other, repeating the process so each side is rinsed three times.

## Have pressure that won't let up? Swallow this

Sinusitis often causes an unbearable pressurized feeling in the facial region. In that case, try taking *cineol*, a natural component of eucalyptus oil. “Cineol opens sinuses by inhibiting immune-cell production of *prostaglandins* and *cytokines*, chemical messengers that trigger inflammation and mucus secretion,” explains Scott Berliner, president of Life Science Pharmacy in Harriman, New York. “Plus, cineol increases the action of *cilia*, tiny structures that sweep mucus out of the sinus cavities.” The study-backed dose: 200 mg of cineol (like SinuCheck 100 mg, \$11 for 40 softgels, at [PhytoPharmica.com](http://PhytoPharmica.com)) three times daily, which eliminated sinus pressure for 95 percent of sufferers within a week in a German study. Note: Cineol can irritate the stomach, so check with your doctor if you have a history of GI distress or ulcers.

## Suffer from intense headaches? Spritz this

*Capsaicin*, a fiery compound in hot peppers, counteracts sinus pain with a unique triple action. “Capsaicin thins nasal secretions so mucus can be cleared naturally,” explains William Storms, M.D., director of the Storms Clinical Research Institute in Colorado Springs. “Plus, it eases sinus headaches by impeding the action of *substance P*, a neuropeptide that transmits pain signals through the head's *trigeminal nerve*.” Studies also show that capsaicin desensitizes the cells that set off tissue inflammation. For best results, use a spray that delivers capsaicin directly to nasal tissue, says Dr. Storms. A brand he recommends: Sinol Allergy & Sinus Relief Spray (\$19 for 1 oz., at drugstores).



## Gum speeds recovery from abdominal surgery

Patients who undergo abdominal surgery are at risk for a form of constipation called *ileus*. But British researchers discovered that postoperative patients who chewed gum for as little as 15 minutes daily had a bowel movement (and thus got to go home) a day earlier than patients who didn't chew gum. The likely reason: The chewing action may stimulate the release of *motilin*, a digestive hormone that keeps intestinal contents moving.

SOURCE: *Archives of Surgery*, 2008

## SMILE FILE



## HOT COCOA LOWERS BLOOD PRESSURE



Just two cups a day can reduce a person's blood pressure enough to slash stroke risk by 20 percent. *Flavanols* in cocoa increase the body's output of *nitric oxide*, a chemical that dilates blood vessels to ease pressure on their walls.