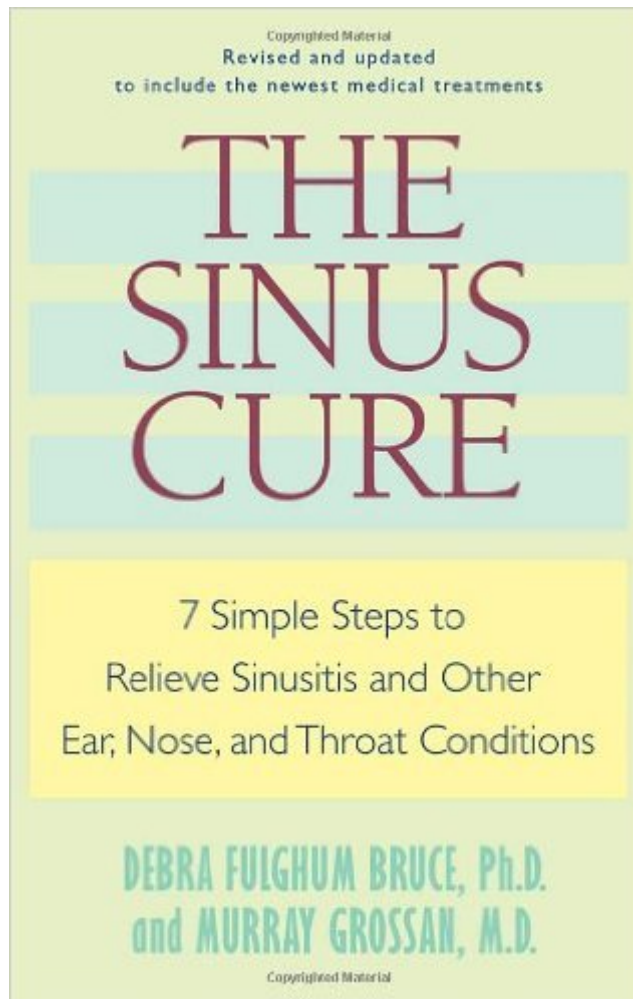


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# The Sinus Cure: 7 Simple Steps To Relieve Sinusitis And Other Ear, Nose, And Throat Conditions



## Synopsis

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-Â Â How to combine the most effective medical and natural treatments to end your sinus symptomsAlthough 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!

## Book Information

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## Customer Reviews

The one and two star reviews are completely correct when they claim that this book contains a lot of self promotion and that the alleged five star, rave reviews appear to be fake. All but one of the 5 star reviews are written by persons who only review this book, only review books authored or co-authored by Ms. Fulghum, or are by "a reader" with no reviewer information whatsoever. Yes, the authors and publishers SHOULD be ashamed. The book should be able to stand on its own without infomercial-style "help." I bought this at a book store, only after much internal debate. The book looked like a promotional waste. However, being desperate, I thought it worth the price if only I could get a little information from it. And that is exactly what happened. As another reviewer has pointed out, much of the information contained is available on the web. I was also surprised that the authors (one of whom claims to be an expert in the field of otolaryngology) would only suggest that people who irrigate their sinuses with saline might CHOOSE not to use iodized salt. All of the doctors, literature and web sites that I've encountered STRONGLY CAUTION patients to AVOID iodized, sea or kosher salts for irrigation. That said, I will admit that there is useful information contained in this volume. Grossan's Hydropulse irrigation system, albeit overpriced, is the best method so far for nasal irrigation and is routinely recommended by other doctors. (It is, of course, quite possible that these others are simply parroting recommendations without real investigation. However, I'm pleased with it.) The book correctly warns against purchasing nasal solutions with preservatives and discusses chiropractic and acupuncture.

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