

SINUSITIS

Healthy Bite's !



Some of the old stories of garlic's healing powers have doubtful validity, but many of its properties have been backed up by modern scientific facts and research.

BENEFITS

- Decreases cholesterol.
- Control blood pressure
- Excellent antioxidant
- Antibacterial.

- Garlic is most effective when crushed or chopped and when raw.
- When cooking garlic wait until the last 10 mins of cooking to add the garlic.
- Be careful about taking too much as it can irritate your digestive system.
- Don't microwave garlic as this kills the active ingredients.
- Don't take garlic instead of a healthy balanced diet.
- Garlic supplements may interact with certain drugs such as anticoagulants.
- Raw, crushed garlic is a powerful antibiotic.
- Garlic is considered to regulate blood sugar levels by increasing the release of insulin in diabetics.
- Studies have shown that taking 600-900 mg of garlic everyday lowers cholesterol levels and reduces arterial plaque formation by 5-18%.
- Always consult a doctor if you are unsure about anything.

What is sinusitis? : You get up in the morning feeling lousy, with a heavy head a feeling which Persists through the day wanting to sleep all the time, you're coughing and sneezing and tired and achy you have sinusitis. Sinusitis refers to inflammation of the sinuses that occurs with a viral, bacterial, or fungal infection. When we're healthy, our sinuses are filled with air, making our facial bones less dense and much lighter in weight. Sinuses also play a role in how our voices sound.

Sinuses are the moist air spaces within the bones of the face around the nose. The sinuses are air-filled spaces in the skull (behind the forehead, nasal bones, cheeks, and eyes) that are lined with mucus membranes.

Healthy sinuses contain no bacteria or other germs. Usually, mucus is able to drain out and air is able to circulate. When the sinus openings become blocked or too much mucus builds up, bacteria and other germs can grow more easily. Colds and allergies may cause too much mucus or block the opening of the sinuses. A deviated nasal septum, nasal bone spur, or nasal polyps may block the opening of the sinuses.

The classic symptoms of acute sinusitis in adults, may present with ·Bad breath or loss of smell, ·Cough, often worse at night, ·Fatigue and generally not feeling well, ·Fever, ·Headache -- pressure-like pain, pain behind the eyes, toothache, or facial tenderness, ·Nasal congestion and discharge, ·Sore throat and postnasal drip.

Symptoms of chronic sinusitis are the same as those of acute sinusitis, but tend to be milder and last longer than 12 weeks. ·Cold or respiratory illness that has been improving and then begins to get worse, ·High fever, along with a darkened nasal discharge, for at least 3 days, ·Nasal discharge, with or without a cough, that has been present.

COMPLICATIONS:

Bacterial sinusitis is nearly always harmless (although uncomfortable and sometimes even very painful). If an episode becomes severe, antibiotics generally eliminate further problems. In rare cases, however, sinusitis can be very serious.

Osteomyelitis. Adolescent males with acute frontal sinusitis are at particular risk for severe problems. **Infection of the Eye Socket, Blood Clot.**, although rare, If a blood clot forms in the sinus area around the front and top of the face, symptoms are similar to orbital infection. **Brain Infection.** The most dangerous complication of sinusitis, is the spread of infection by anaerobic bacteria to the brain, either through the bones or blood vessels.

TREATMENT: There are mainly 2 ways to treat sinusitis

1. Antibiotics – to prevent infections
2. Surgery – In acute cases

Prevention

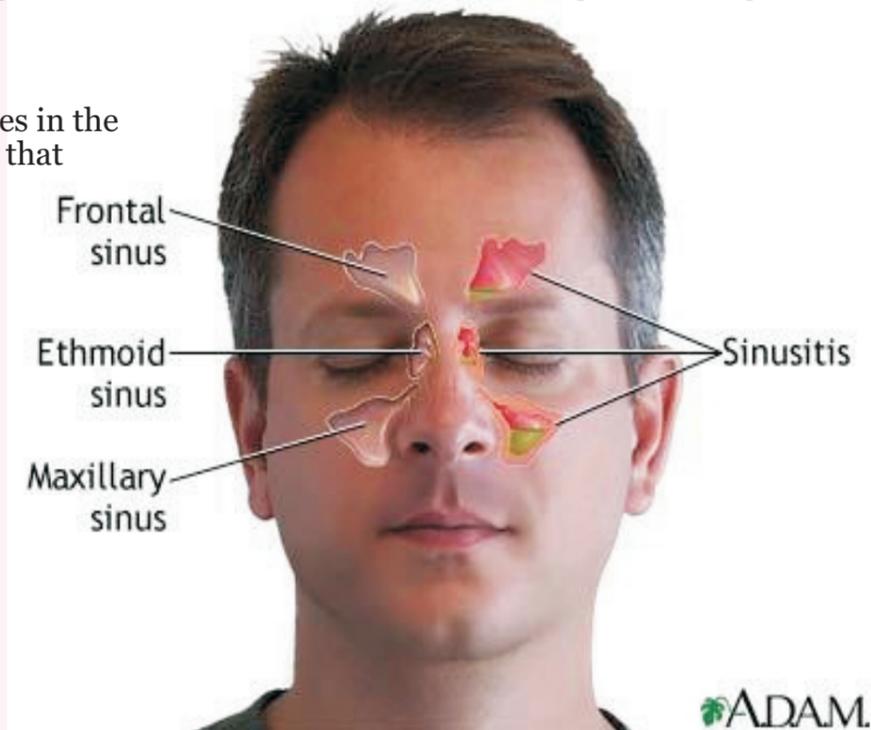
The best way to prevent sinusitis is to avoid or quickly treat flus and colds:
·Eat plenty of fruits and vegetables, which are rich in antioxidants and other chemicals that could boost your immune system and help your body resist infection.
·Get an influenza vaccine each year. ·Reduce stress.
·Wash your hands often, particularly after shaking hands with others.

Other tips for preventing sinusitis:

- Avoid smoke and pollutants.
- Drink plenty of fluids to increase moisture in your body.
- Take decongestants during an upper respiratory infection.
- Treat allergies quickly and appropriately.
- Use a humidifier to increase moisture in your nose and sinuses.

HOME REMEDIES

- Try warm compression to relieve sinus pain.
- Drink plenty of fluids to help dilute secretions and keeps mucus flowing.
- Garlic: The fresh juice of 3 to 4 garlic cloves, with 2 teaspoon of honey, should be taken twice a day. It is a proven antibacterial and analgesic.
- Onion: Fresh juice of onion, mixed in honey is also of great help in the **treatment for sinusitis**
- Black pepper: 5gms of black pepper should be powdered finely, and mixed in cup of warm milk.
- **Take steam inhalation regularly.**



Note: For any symptom of sinusitis and/or related kindly consult your physician. This news note is shared for awareness purpose only.