



The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions

By Debra Fulghum Bruce, Murray Grossan

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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
- How to combine the most effective medical and natural treatments to end your sinus symptoms

Although 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!

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Editorial Review

Amazon.com Review

While pain and misery are two things all sinus sufferers have in common, the similarities may well end there. According to authors Debra Fulghum Bruce, a health journalist, and Dr. Murray Grossan, a board-certified otolaryngologist and head and neck surgeon, each person's particular brand of sinusitis is unique and calls for individually tailored treatment. By relying on a multidisciplinary approach that combines some tried-and-true treatments with a few new approaches, Bruce and Grossan believe that most patients can control, even cure, their sinus problems.

In this comprehensive, well-organized new guide, the authors recommend a comprehensive healing program designed around seven steps: making a correct diagnosis, using nasal irrigation, considering complementary treatments, cleaning the air, eating right, reducing stress, and choosing effective medical treatments. The book's introductory chapter thoroughly explores the causes and types of sinusitis as well as its link to other respiratory ailments such as asthma and allergies. Thoughtful chapters on the value of holistic treatments, herbal remedies, and good nutrition provide welcome direction for patients interested in natural medicine. The treatment of ear and throat complications is also addressed in detail. While the object of this book is to help the patient avoid surgery, Grossan and Bruce do concede that sometimes it's the only cure for really debilitating conditions. Their final chapter explores this option--why it might be necessary and how to prepare for it.

Grossan claims that while each patient will apply the seven steps to varying degrees according to his or her own situation, nasal irrigation in particular is key to relief. By frequently cleansing the sinuses with saline solution, mucus, bacteria, and allergens are gently removed and the chance of infection reduced. It is important to note that the irrigation process the doctor most heartily recommends requires using a device called the Pulsatile Nasal Irrigator invented by Dr. Grossan himself. --*Marianne Painter*

From Publishers Weekly

In *The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions*, Debra Fulghum Bruce and Murray Grossan combine their years of research and experience with interviews to yield methods from top experts and patients on how to control and alleviate sinus-related difficulties. They advocate irrigation treatments, a clean environment, diet and more. A bibliography and Web site directory offer additional advice. (Mar.)

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From the Inside Flap

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From reader reviews:

Percy Brown:

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Rosemary Lafleur:

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notice through surrounding. One thing that sometimes many people have underestimated it for a while is reading. Yep, by reading a publication your ability to survive enhance then having chance to stay than other is high. In your case who want to start reading some sort of book, we give you this specific The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions book as nice and daily reading e-book. Why, because this book is greater than just a book.

Elizabeth Fischer:

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