



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

By Debra Fulghum Bruce, Murray Grossan

Download now

Read Online 

The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions By Debra Fulghum Bruce, Murray Grossan

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!

 [Download The Sinus Cure: 7 Simple Steps to Relieve Sinusiti ...pdf](#)

 [Read Online The Sinus Cure: 7 Simple Steps to Relieve Sinusi ...pdf](#)

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

By Debra Fulghum Bruce, Murray Grossan

The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions By Debra Fulghum Bruce, Murray Grossan

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!

The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions By Debra Fulghum Bruce, Murray Grossan **Bibliography**

- Sales Rank: #547286 in Books
- Brand: Bruce, Debra Fulghum/ Grossan, Murray, M.D.
- Published on: 2007-04-10
- Released on: 2007-04-10
- Original language: English

- Number of items: 1
- Dimensions: 7.96" h x .74" w x 5.19" l, .54 pounds
- Binding: Paperback
- 336 pages



[Download](#) The Sinus Cure: 7 Simple Steps to Relieve Sinusiti ...pdf



[Read Online](#) The Sinus Cure: 7 Simple Steps to Relieve Sinusi ...pdf

Download and Read Free Online The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions By Debra Fulghum Bruce, Murray Grossan

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 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.)

Copyright 2001 Reed Business Information, Inc.

From the Inside Flap

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!

Users Review

From reader reviews:

Percy Brown:

Why don't make it to be your habit? Right now, try to ready your time to do the important work, like looking for your favorite book and reading a reserve. Beside you can solve your problem; you can add your knowledge by the e-book entitled The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions. Try to stumble through book The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions as your good friend. It means that it can being your friend when you feel alone and beside regarding course make you smarter than ever. Yeah, it is very fortuned in your case. The book makes you far more confidence because you can know every little thing by the book. So , let me make new experience and knowledge with this book.

Elsie Fiala:

Have you spare time for just a day? What do you do when you have a lot more or little spare time? Yes, you can choose the suitable activity with regard to spend your time. Any person spent their very own spare time to take a go walking, shopping, or went to the actual Mall. How about open or even read a book called The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions? Maybe it is to be best activity for you. You understand beside you can spend your time together with your favorite's book, you can more intelligent than before. Do you agree with it is opinion or you have different opinion?

Rosemary Lafleur:

In this 21st hundred years, people become competitive in each way. By being competitive today, people have do something to make these individuals survives, being in the middle of the particular crowded place and

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:

On this era which is the greater individual or who has ability in doing something more are more treasured than other. Do you want to become one among it? It is just simple method to have that. What you must do is just spending your time almost no but quite enough to enjoy a look at some books. One of several books in the top listing in your reading list is The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions. This book and that is qualified as The Hungry Mountains can get you closer in growing to be precious person. By looking upwards and review this e-book you can get many advantages.

Download and Read Online The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions By Debra Fulghum Bruce, Murray Grossan #XBGE59HY0WN

Read The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions By Debra Fulghum Bruce, Murray Grossan for online ebook

The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions By Debra Fulghum Bruce, Murray Grossan Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions By Debra Fulghum Bruce, Murray Grossan books to read online.

Online The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions By Debra Fulghum Bruce, Murray Grossan ebook PDF download

The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions By Debra Fulghum Bruce, Murray Grossan Doc

The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions By Debra Fulghum Bruce, Murray Grossan MobiPocket

The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions By Debra Fulghum Bruce, Murray Grossan EPub

XBGE59HY0WN: The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions By Debra Fulghum Bruce, Murray Grossan