

Natural Remedies for Sinus Conditions

When I was a kid growing up in the Chicago area, it seemed like my nose was always running or congested to varying degrees, especially during winter. Our family pediatrician was a calm and caring older man who often preferred to prescribe an assortment of natural remedies before resorting to prescription medications

I have vivid memories of my brother and I, somewhat reluctantly, having to line up to take our “sinus medicine”, which frequently consisted of a dark brown liquid that smelled and tasted horrible. My mother would carefully place 2-3 drops of this pungent mixture into each nostril as we lay back and we would soon both be snorting and making faces as the taste hit the back of our throat. Whatever was in that concoction seemed to work or at least we told our Mom that it did, so we could avoid having to take another dosage!

Later in life while I was studying natural healing and herbal systems, I remember being so excited and grateful to discover that there were and are some very effective herbal and natural remedies to help treat and address various sinus conditions with no side effects AND they didn't even taste bad! I have utilized a variety of natural sinus remedies over the years, with good success, both professionally and personally and would like to share a few of my favorite herbal remedies with you now.

Taking Things Further

Sinus conditions of various sorts affect most of us at least some time in our lives and it's important to note that here are many time-tested herbs and herbal formulas that can address these conditions in ways that are safe, effective, and without side-effects like drowsiness or feeling over stimulated.

Common acute or chronic sinus conditions can be related to:

- Sinus congestion or excess drainage
- Sinus-related allergies
- Sinus headaches and facial pain
- Sinus inflammation (rhinitis)
- Sinus infections

Most or all of these conditions can be addressed with specific herbs, herbal formulas, and other natural remedies such as sinus “washes” (Neti pot). The system of Traditional Chinese Medicine has addressed sinus conditions for over 2,000 years with herbal formulas and acupuncture, for example.

At Lotus Healing Arts, we have the knowledge and a wide variety of natural herbs and products to help address acute or chronic sinus conditions.

NOTE: These products will be discounted 10% through April 30, 2015.

We are offering a complimentary phone consultation with Dr. Ensweiler, which can be a way to help you determine if herbal therapies might be appropriate for you.

Highlighted Herbal Products-

NOTE: All of the herbal formulas listed below and in our natural pharmacy are of the highest quality & potency. They are also all processed in GMP-based facilities, ensuring the highest quality standards for safety and product identification & labeling. These are not to be taken by pregnant or nursing women or people taking blood thinning medications. Consult further with your healthcare practitioner.

- **Pe Min Kan Wan** - A wonderful modern Chinese herbal formula that addresses sinus congestion, drainage, and headaches found with colds and allergies.
 - Regular Price = \$17 - (100 pills) *Discounted price \$15.30*

- **Magnoliae Clear Sinus** - A modern Chinese herbal formula that addresses sinus congestion, drainage, and headaches found with colds and allergies.
 - Regular Price = \$25 - (100 capsules) *Discounted price \$22.50*

- **Yi Min** - A modern Japanese herbal formula to address issues with symptoms of airborne or inhalant allergies- sinus congestion, drainage, sneezing, watery eyes.
 - Regular Price = \$26 - (90 tablets) *Discounted Price = \$ 23.40*

- **Xanthium Nasal Formula** - A modern Chinese herbal formula to address sinus congestion, drainage, sinusitis, headaches and facial pain.
 - Regular Price = \$17 - (60 tablets) *Discounted Price = \$15.30*