

# Holistic Medicine for Treating, Preventing, and Curing



*Selfcare for your optimal health*

Treating A "Cold" That Just Won't Quit...  
It's Probably A  
Sinus Infection or Acute Sinusitis

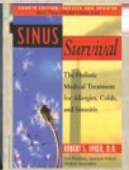
by

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Author of the bestselling, **SINUS SURVIVAL**

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## Treating A “Cold” That Just Won’t Quit...It’s Probably A Sinus Infection or Acute Sinusitis

By Dr. Rob Ivker

From October through March, we’re not only confronted with colder temperatures but it’s also the **cold season**. Most of us are very familiar with the symptoms of a cold – a stuffy, drippy nose, along with a bit of a headache, some fatigue, muscle aches, and possibly a low-grade fever. Most colds will peak in intensity from 1 to 3 days, then gradually improve and finally resolve in 4 to, at most, 10 days. But suppose you’re still not better and are possibly a little worse after two or more weeks of symptoms. You may have noticed:

- an increase in nasal and/or head congestion;
- the headaches might be more painful and prolonged;
- the mucus may have become thicker and instead of white or clear, is now yellow-green;
- and you may even feel more tired than you were at the onset of the cold.

If this is the case, then you probably have a **sinus infection**. Although the vast majority of physicians treat sinus infections (medically known as acute sinusitis) with antibiotics, this is not necessarily the best option for treatment. In fact, in many instances, acute sinusitis is *not even caused by a bacterial infection*, which would be the only valid scientific reason for using an antibiotic. This circumstance occurs most often with sinus sufferers who have frequent or recurrent episodes of acute sinusitis – called **chronic sinusitis**. These are people with severe inflammation of the mucous membrane that causes the same symptoms described above, but it may have been triggered by a virus (the cause of the common cold), environmental exposure to smoke or some other irritating pollutant, a pollen or food allergy, emotional stress, or a combination of two or more of these or other factors. However, regardless of the cause, the medical response is almost always the same – a broad-spectrum antibiotic for 10 days to 2 weeks. Unfortunately, this has led to the overuse of antibiotics which in turn has created a much more severe and debilitating form of sinus problem, called *fungus sinusitis*. Long before this diagnosis was identified by the medical community in 1999 (a Mayo Clinic study), I’d been referring to this condition as yeast (or candida) overgrowth or candidiasis. Whatever it’s called, it’s quite clear that the sickest sinus sufferers, those who always have some symptoms, typically have this condition.

If the above symptoms describe you, and you’d like to avoid a visit to the doctor or taking an antibiotic, then I’d recommend the following holistic medical treatment that I call the **Love Your Nose Program** (formerly known as the Sinus Survival Program):

- Sleep – 8-10 hours/night; do not use an alarm clock (allow your body to tell you how much sleep it requires); adequate sleep is perhaps the most

effective, convenient, and least expensive way to strengthen your immune system.

- Natural “Antibiotics:”
  1. Garlic – 1,200-2,000mg 3x/day; or Allimax® (available in some health food stores – contains 100% pure allicin) – 720mg 3x/day for 10 days.
  2. Echinacea liquid extract – 2 dropperfuls 4-5x/day for 10 days or until yellow mucus clears.
  3. Grapefruit seed extract capsules or liquid – 125 mg 3x/day or 10 drops in water 3x/d; excellent anti-fungal; the liquid has an unpleasant taste.
- Nasal Sprays:
  1. Saline nasal spray with aloe, or other anti-inflammatory herbs – spray hourly; good for treatment and prevention.
  2. Sinus Rescue® – highly effective in killing bacteria, viruses, or fungi; contains colloidal silver; but must be applied every 15-20 minutes for maximum effectiveness; apply a dab of peppermint oil to outside of nostrils following each application (available at Whole Foods).
  3. Euphorbium® spray – good for more mild sinus infections (and allergies); a combination homeopathic spray found in most health food stores.
  4. Xylitol spray – better as a preventive than for treatment of sinus infections; a sugar alternative (found in most health food stores).
- Nasal Hygiene:
  1. Steam Inhaler – use 3-4x/day; acts as a decongestant and mucus thinner; add a medicinal eucalyptus (e.g. peppermint, and tea tree oil to the steam; many varieties, available in most pharmacies.
  2. Irrigation – use 3-4x/day, immediately following Steam Inhaler; pulsatile irrigator is best method for flushing out infected mucus; SinuPulse® is the premier state-of-the-art pulsatile irrigation device and one of the best methods for quickly eliminating a sinus infection and treating acute, chronic, and fungal sinusitis.
- Diet:
  1. Eat mostly organic vegetables & fruits, non-gluten grains (brown rice, quinoa, millet, buckwheat, amaranth), fiber, protein; *avoid* sugar, wheat, dairy, carbohydrates (especially gluten grains), caffeine, and alcohol. Sugar weakens immunity; wheat, gluten grains, and dairy are most common causes of food allergy (often a trigger of sinus infections).
  2. Drink bottled or filtered water – at least ½ oz/lb of body weight (e.g. 160 lbs. = 80 oz/day).

- Vitamins/Supplements/Antioxidants:
  1. Vitamin C – 3,000-5,000mg 3x/day with meals; taken in the form of Ester C or a mineral ascorbate (for better absorption and GI tolerance) rather than ascorbic acid.
  2. Vitamin E – 400 I.U. 2x/day.
  3. Grape Seed Extract – 300mg in am and 50-100mg in mid-afternoon on an empty stomach; powerful antioxidant, anti-inflammatory, and anti-histamine. Many varieties – I recommend Nature’s Way Masqueliere’s OPC® 75mg tablets, 4 tabs am and 1 tab pm.
  4. Beta Carotene – 25,000 I.U. 3x/day; or the closely-related carotenoid (but more potent) Astaxanthin 4mg 3x/day.
  5. Zinc – 40-60mg/day.
  6. Selenium – 200mcg/day.
  7. Magnesium glycinate, citrate, or aspartate – 400-600mg/day.
  8. Flaxseed oil – 2 tablespoons/day; as ground seeds sprinkled on salads or cereal or liquid taken straight or on salads; a natural anti-inflammatory.
  9. Fish oil – EPA 1,000-3,000mg/DHA 500-900mg per day; an omega 3/omega-6 combination; a natural anti-inflammatory. Many varieties – I recommend Nordic Naturals Ultimate Omega®, 2 capsules 2x/day.
  10. Sinupret Forte® – 1 tablet 3x/day; an herbal combination that serves as a potent natural anti-inflammatory of the mucous membrane.
  11. Multi-vitamin – recommend one that’s taken 2 or 3x/day. A good multi-vitamin will contain most of the above, but in lesser amounts that I’ve recommended for treating a sinus infection. Ask for a recommendation at your health food store.
  
- Treat the **emotional cause** – most sinus infections are triggered by repressed anger or unshed tears. I recommend the safe release of anger (punching a punching bag or pillows as you yell “SHIT” for a minute or two is a quick and highly effective method); as well as reflecting on whether or not you’re feeling grief or some sense of loss. The feeling of grief or loss is typically not as obvious as the anger, but it’s probably there, just a bit deeper. Journaling is another excellent method for releasing either or both of these painful emotions.

As you can see, treating a sinus “infection” is typically not a quick fix, whether it’s done holistically or, as many millions of sinus sufferers have learned, taking an antibiotic. That’s because we now know that *acute sinusitis* is no longer always synonymous with a *sinus infection*. However, if you can apply at least a few of the above recommendations, you can usually shorten the course of the acute inflammation well beyond what an antibiotic is capable of doing. As you’ve just seen, the holistic treatment program addresses far more than simply killing

bacteria (which is often not even the cause of the problem). In addition to treating infection, this natural approach:

- reduces the inflammation of the mucous membrane;
- eliminates possible food allergy;
- strengthens the immune system; and
- addresses the emotional cause of the infection.

The methods that have worked best for my patients to accomplish these goals are: sleep, Allimax, echinacea, Sinus Survival Spray, steam inhaler, Sinus Survival Eucalyptus, SinuPulse irrigator, avoiding sugar and dairy, drinking water, vitamin C, grape seed, flaxseed and fish oil, and anger release.

If this regimen works well for you, you can continue to use it on an ongoing basis, with only a reduction in the dosage of some of the supplements (refer to my new e-book, *Love Your Nose Naturally!*, for the “preventive maintenance” dosages). If you decide to make the commitment to continue, you’ll find that the *Love Your Nose Program* can help you to prevent additional sinus infections as well as create a condition of optimal health – to **love your life!**

Robert S. Ivker, DO, ABHM, FAAFP is a board-certified holistic physician and Fellow of the American Academy of Family Physicians. He has been practicing medicine since 1972 in Denver, CO. Dr. Ivker is the Co-Founder and Past-President of the American Board of Holistic Medicine, Past-President of the American Holistic Medical Association, former Assistant Clinical Professor in the Dept. of Family Medicine and Clinical Instructor in the Dept. of Otolaryngology at the University of CO School of Medicine. He is the author of the best-selling *Sinus Survival*, along with 6 other books. His latest book, *Love Your Nose Naturally!* is available on-line on his website: [www.sinussurvival.com](http://www.sinussurvival.com).