

Natural Health Tips

Natural Coping With Sinusitis

1. Tea tree oil

Tea tree oil (extracted from the leaves of the Melaleuca tree) has been recognized as a potent natural antiseptic, germicide, antibacterial and fungicide. Use a drop on your fingertips and apply on, around and below your nostrils, and below the eyes. Be cautious not to get too close to the eyes. Gently massage, applying a little pressure on each side of your nostrils (left side of left and right side of right nostril) and your sinuses. Start applying tea tree oil at the first sign of a cold.

A slight burning sensation is natural. You can mix 2-3 drops of tea tree oil with some olive oil, to make the application easier.

2. Vapor inhaling

Heat water in a medium size pot. Take it off the heat. Cover your head and the hot water pot with a towel, inhale through your nose, exhale through your mouth. After about a dozen of inhalation-exhalation cycles, you will probably feel you need a break. Move your head aside but keep it covered. Repeat several times. Then stay with the towel on your head and face till it slowly cools down. You can add to the water several drops of citronella, rosemary or other aromatic oil that you like - or a herbal tea sachet: chamomile is very good. Repeat whenever congested.

3. Salt water sinus rinsing

This is an amazingly helpful remedy, and although you may find the procedure difficult in the beginning, don't give up - you will get used to it. The salt water will both ease the congestion AND heal the infection.

Mix 1/4 - 1/2 tsp. salt in 1 cup warm water. Standing in front of a bathroom sink, pour some water in your palm and draw it in through your nose. If you're very congested, you won't manage to reach the sinuses in the beginning, and all the water will be eliminated through your nose. But after several such "wet inhalations", the "plug" will open up, letting the water drain and cleanse your sinuses and allowing you to eliminate part of the water through your mouth. During the water elimination phase of each cycle, gently massage the root of your nose with your fingers. Take as many breaks as you need. After you finish the whole cup, continue massaging the nose and sinuses. Slowly and gently blow your nose. How many times a day? As many as you wish!

Be Well!