

Runny Nose – Rhinitis

What Is Rhinitis?

Rhinitis is inflammation of the nose, or more commonly known as a runny nose. The discharge from the nose can come through the front of the nose, or it can drain through the back of the nose, a condition called post-nasal drip.

What Causes Rhinitis?

Various factors include:

- Allergies frequently produce a runny nose. In these cases, the discharge will be clear or occasionally white.
- Infection causes nasal discharge. This will be a purulent discharge most commonly colored yellow or green.
- Irritation to the nose can cause discharge. This discharge is most commonly clear or white; many people experience it when exposed to nasal irritants.
- Many individuals exposed to cold air or smoke will have nasal discharge. This is known as Irritative Rhinitis.

Serrapeptase helps immensely as it clears out all of the inflammation and mucus. By clearing away this problem inflammation and tissue, it enables the body's own immune system to deal more easily with irritation.

Rhinitis FAQ

Q: I have had a persistent runny nose for weeks, and I am getting fed up of it. I find it so embarrassing and inconvenient to have to keep blowing my nose all the time. Are there any suggestions that you can recommend to me so that I can begin to feel better?

A: The Serrapeptase, in particular the SerraEnzyme 80,000IU, is best because it will help to ease the inflammation and gradually reduce the symptoms.



“My runny nose was getting on my nerves and I was sick of the doctors giving me medication and brushing off my questions as to why it wasn’t working. I took the SerraEnzyme 80,000IU as you suggested in your Health Plan, and I’ve been feeling much better ever since. Thank you, thank you.”

- Sandra, Canada



Follow the Health Plan as recommended for the best results:

RUNNY NOSE - RHINITIS HEALTH PLAN

The following is a health plan designed to provide relief for runny nose or rhinitis, especially when combined with a naturally healthy lifestyle.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support ear, nose and throat health - in order of priority:*

- [SerraEnzyme 80,000IU](#) - Start with 2 Serrapeptase 80,000IU tablets/capsules per hour until it clears. Then gradually reduce to 1 per day.
- [Prescript-Assist - 29 Super Strain Probiotic](#) - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days. **(See www.Probiotic29.com/studies.)**
- [HealthPoint™](#) - Use daily on acupressure points to further reduce the inflammation and pain. Treatment with an electro-acupressure device has proved to be highly effective in relieving ENT infections. The unit will also instantly relieve any associated pain. **(See www.dovehealth.com for more information.)**