

Sinusitis Problems

What Is Sinusitis?

Sinusitis is an infection that occurs in the maxillary sinuses that are on both sides of the face or in the frontal sinuses that can be found on either side of the nose.

What Causes Sinusitis?

Sinusitis is usually caused by a food intolerance, particularly to dairy or wheat products. Problems such as constipation, (i.e. not passing around 2-3 stools a day), can also lead to this problem, as can not drinking enough water throughout the day. Eight glasses a day are recommended as opposed to soft drinks, tea, or coffee. Issues such as a poor diet can also lead to problems and cause a buildup of unhealthy tissue in the body, creating the perfect environment for infections to grow.

Serrapeptase 80,000IU works by clearing out all of the inflammation and mucus. When mucus and problem tissue are cleared, it allows the body's immune system to easily clear infection.

Sinusitis FAQ

Q: Hi, My daughter has been taking Serrapeptase for the past two weeks. She is receiving treatment for Lyme disease and has very painful joints, repeated sinus infections, and a bad back. She has noticed improvement and is very pleased. The question is - she has been overweight for years, and despite sticking to diets and exercising, she has not been able to lose any weight; since taking the Serrapeptase, she has lost almost a stone without changing her eating habits at all. Any ideas why this added bonus would happen?

A: It will be partly caused by the anti-inflammatory effect helping her lose weight. Ask her to just cut out wheat products from her diet, and her life will get much better. Either way, tell her good luck and keep up the good work!

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“I discovered Serrapeptase in my search for a natural anti-inflammatory when I had developed chronic sinusitis, due to exposure to chlorine, which I learned I am allergic to, as well as a growing allergy to wood smoke (I heat with wood). I noticed a difference within about two weeks I’d say...maybe sooner... My sinuses were draining, in large part to my mucous being thinner, I think.

It has made all the difference... My nasal passages are not dry in the winter like they used to be. I started with two capsules, three times a day, and now take only two in the morning and two before bedtime. I have stopped taking Serrapeptase to see what happens, and the stuffiness returns within days, and it leaves once I’m back on Serrapeptase!

I recommend this to my clients, but unfortunately, folks seem reluctant to try something that is not a drug! Strange! Without health insurance, I pay close attention to what will naturally help my body to heal and stay healthy. Serrapeptase just feels like a wonderful thing to give my body! Thank you, Serrapeptase!”

- C.F., USA

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“Hi Robert, Hope all’s well, and thanks for your help so far. You’ve been far more help than even my ENT consultant/ surgeon so far, to be honest. Well, here I am two weeks in and report as follows: Sinuses and nose feel completely clear, almost as if there was never anything wrong with them. I’ve lost a good half stone in body fat or thereabouts; my smell and taste are back to normal too - it feels great!”

- Matt

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Follow the Health Plan as recommended for the best results:

SINUSITIS PROBLEMS HEALTH PLAN

The following plan can aid in helping to relieve sinusitis and its symptoms, especially when followed 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.
- [HealthPoint™](#) - 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.)**