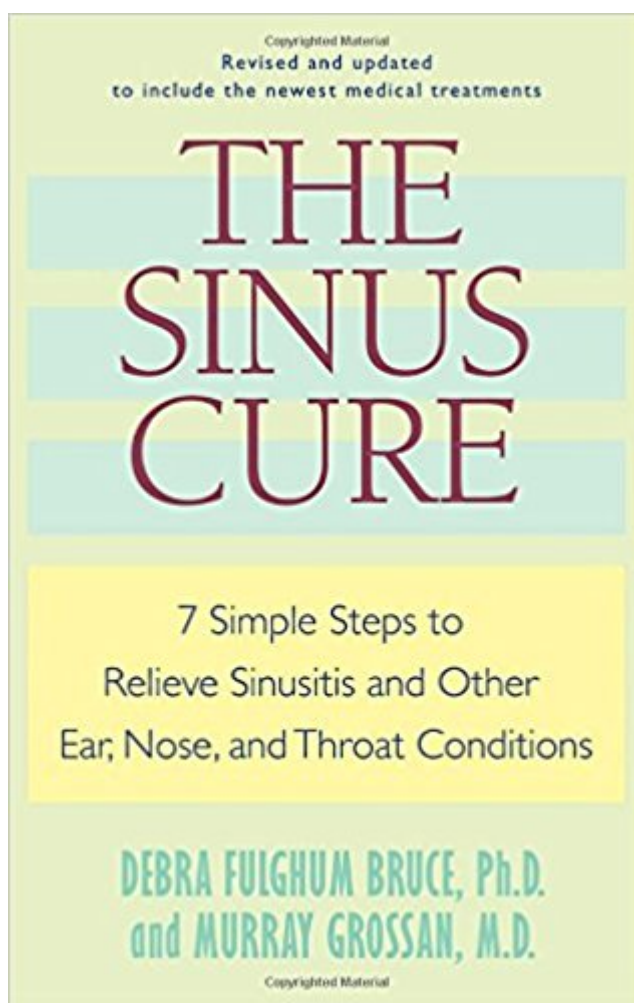


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# The Sinus Cure: 7 Simple Steps To Relieve Sinusitis And Other Ear, Nose, And Throat Conditions



## Synopsis

**AT LAST--THE DEFINITIVE GUIDE FOR SINUS SUFFERERS!** If you're one of the thirty-eight million who endure from sinus problems, you know the debilitating effects this condition can bring--from pounding headaches, runny nose, and chronic fatigue to asthma, halitosis, even serious lung disease and meningitis. The good news is that sinus disease can be dramatically alleviated and permanently reversed. Now, after years of research, interviews, and personal and professional experience, Debra Fulghum Bruce and Murray Grossan, M.D., share cures from the top healthcare specialists and patients . . . cures that really work. In clear, authoritative language, *The Sinus Cure* explains how you can easily design a highly effective 7-step sinus healing program to help you get a long-lasting grip on your own particular symptoms. Inside you'll discover- Alternative and complementary healing options--homeopathy, herbs, t'ai chi, yoga, and other ancient and New Age strategies- The foods that trigger sinusitis--and the ones that soothe it- Nutritional and natural supplements that reduce swelling and inflammation- Proven methods for clearing the air you breathe of dust mites, mold, damp, and other allergens- Effective sinus hygiene, including the wonder of nasal irrigators- Exercises that can act as a decongestant- Helpful (and not-so-helpful) prescription or over-the-counter medications- The startling truth about sinus surgery-Â Â How to combine the most effective medical and natural treatments to end your sinus symptoms Although further medical research is needed to completely eradicate sinusitis, the treatments and medications described here, most without any side effects, will greatly reduce or end your sinus problems. So breathe easy. Relief is here!

## Book Information

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## Customer Reviews

While pain and misery are two things all sinus sufferers have in common, the similarities may well end there. According to authors Debra Fulghum Bruce, a health journalist, and Dr. Murray Grossan, a board-certified otolaryngologist and head and neck surgeon, each person's particular brand of sinusitis is unique and calls for individually tailored treatment. By relying on a multidisciplinary approach that combines some tried-and-true treatments with a few new approaches, Bruce and Grossan believe that most patients can control, even cure, their sinus problems. In this comprehensive, well-organized new guide, the authors recommend a comprehensive healing program designed around seven steps: making a correct diagnosis, using nasal irrigation, considering complementary treatments, cleaning the air, eating right, reducing stress, and choosing effective medical treatments. The book's introductory chapter thoroughly explores the causes and types of sinusitis as well as its link to other respiratory ailments such as asthma and allergies. Thoughtful chapters on the value of holistic treatments, herbal remedies, and good nutrition provide welcome direction for patients interested in natural medicine. The treatment of ear and throat complications is also addressed in detail. While the object of this book is to help the patient avoid surgery, Grossan and Bruce do concede that sometimes it's the only cure for really debilitating conditions. Their final chapter explores this option--why it might be necessary and how to prepare for it. Grossan claims that while each patient will apply the seven steps to varying degrees according to his or her own situation, nasal irrigation in particular is key to relief. By frequently cleansing the sinuses with saline solution, mucus, bacteria, and allergens are gently removed and the chance of infection reduced. It is important to note that the irrigation process the doctor most heartily recommends requires using a device called the Pulsatile Nasal Irrigator invented by Dr. Grossan himself. --Marianne Painter --This text refers to an out of print or unavailable edition of this title.

In *The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions*, Debra Fulghum Bruce and Murray Grossan combine their years of research and experience with interviews to yield methods from top experts and patients on how to control and alleviate sinus-related difficulties. They advocate irrigation treatments, a clean environment, diet and more. A bibliography and Web site directory offer additional advice. ( Mar.) Copyright 2001 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

The book was new and it came with the Grossan Breathe-ease. If a person has sinus problems, one learns quick to see what works and what doesn't. It is a good book but it contain no issues I didn't already know, however I recommend it as one never knows what knowledge is missing and it just be the one needs to improve.

This book helped me understand WHY my sinuses continued to get infected--even after staying on horrible antibiotics for weeks. Using the different therapies in this book (keeping mucus thin, avoiding triggers, using saline rinses), I have not had an antibiotic for seven months (a record for me!!). Anyway, easy to read and more importantly--EASY TO UNDERSTAND AND IMPLEMENT!!! I'm just so grateful for this book. Unless you suffer with chronic sinusitis, you have no idea how miserable your life can be. Each chapter detailed more and more self-care steps I could use--and I did!! The many "success" stories of men and women "long-time sufferers of sinusitis" let me know that I could learn to manage this problem. The holistic program helped to put me back in control of my sinus problem--and overall health--and let me finally say GOODBYE to antibiotic therapy, which was nothing more than a bandaid for me. THANK YOU DR. GROSSAN AND DEBRA BRUCE. The book changed my life.

Dr. Grossan assisted me in the write-up of "Having Nasal Surgery? Don't You Become An Empty Nose Victim!", endorsing it and offering constructive feedback during its write-up. As only a small token of my gratitude for all he has done for me and others, I would like to share how The Sinus Cure has helped me in my life. The original version of The Sinus Cure was one of the first sinusitis self-help books I have read, and perhaps the most influential in treatment of my nose. I have enjoyed reading the revised edition just as much. What I particularly appreciate about The Sinus Cure is that Dr. Grossan and Ms. Bruce go well beyond offering remedies such as antibiotics and decongestants, the overuse of which can cause more harm than good. That said, The Sinus Cure offers numerous treatment strategies for the sinuses, including discussions of herbal remedies, vitamins, and foods that could be beneficial for treating the sinuses. It is a great reference book for any sinus sufferer to look back on from time to time. Dr. Grossan and Ms. Bruce also caution against having the preservative benzalkonium chloride in saline nasal sprays. There is good reason for this. Overuse of such a preservative can cause more harm than good to sensitive nasal mucosa and the reader is well-advised to avoid it. This is particularly true for a sensitive nose, as in the case of an empty nose, for example. Dr. Grossan and Ms. Bruce recommend using the pulsatile irrigator,

which is the best product available for irrigating the sinuses. Please see my review posted on September 3rd regarding the Grossan Hydro Pulse Nasal and Sinus Irrigation System with the Original Grossan Sinus Tip, which details why I believe it is superior to other irrigation methods. I further appreciate that, unlike the original version, the revised version of The Sinus Cure contains an entire page that is devoted to empty nose syndrome (ENS). ENS is a little known, unspoken, but tragic condition caused by an overly aggressive nasal surgery. ENS sufferers experience a number of sinus symptoms including a sensation that one is not breathing adequately, although the sufferer is in fact inspiring large amounts of air, a unique, yet puzzling phenomenon called paradoxical obstruction. There are scientific reasons for this symptom and others that ENS sufferers experience. As someone who has ENS, I am greatly appreciative of the attention that the revised edition of The Sinus Cure has brought to this condition and how Dr. Grossan is a strong advocate for ENS. Lastly, while many posted positive commentary on The Sinus Cure, some reviewers posted "very brief" 1-star reviews and suggested friends of Ms. Fulghum Bruce had posted the fake 5-star reviews. First, these reviewers did not include any critical commentary on the content of the book, suggesting they hold a grudge against Ms. Bruce. Did these reviewers actually read the book? If one is going to post a 1-star review of the book, then there should be strong, well-reasoned logic in support of that decision; otherwise the criticism is not going to be taken seriously and is weak at best, hogwash at worst. I have been very grateful for Dr. Grossan and Ms. Bruce and their fine book, The Sinus Cure, which has been influential for me. You would do well to pick up and read this book, and gain insights from the various easy-to-understand explanations and practical treatment tips contained within. I believe The Sinus Cure should be part of every sinus sufferer's health library.

The books good but I do not believe there is a real cure...one can control it.

This is a very well written book that has what I consider to be practical advice on how to manage sinus problems. It details many of the different diseases that cause sinus problems and educates the reader on every aspect of sinus issues from infections, allergies, etc.

Thank you Drs Bruce & Grossan. I have suffered with chronic sinusitis for YEARS--my whole life, it seems. I had almost given up hope that I could ever feel healthy again as the constant infections made me tired and achy. My head hurt 24/7. But this book changed my life. Your program is superb and easy. I now combine a nasal steroid spray with saline irrigation DAILY. I have not had medication (except for a decongestant) for about 5 months. I highly recommend that if you have

sinusitis, you should READ this book and follow the program. It will give you back your life!

This book helped me understand WHY my sinuses continued to get infected--even after staying on horrible antibiotics for weeks. Using the different therapies in this book (keeping mucus thin, avoiding triggers, using saline rinses), I have not had an antibiotic for seven months (a record for me!!). Anyway, easy to read and more importantly--EASY TO UNDERSTAND AND IMPLEMENT!!! I'm just so grateful for this book. Unless you suffer with chronic sinusitis, you have no idea how miserable your life can be. Each chapter detailed more and more self-care steps I could use--and I did!! The many "success" stories of men and women "long-time sufferers of sinusitis" let me know that I could learn to manage this problem. The holistic program helped to put me back in control of my sinus problem--and overall health--and let me finally say GOODBYE to antibiotic therapy, which was nothing more than a bandaid for me. THANK YOU DR. GROSSAN AND DEBRA BRUCE. The book changed my life.

This book has helped me understand what the problem was with my sinuses. It is not an easy fix, but, now I have a direction to go and I expect to be able to find some relief.

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