



Sinusitis - Treatment with Homeopathy, Schuessler salts (homeopathic cell salts) and Acupressure: A homeopathic, naturopathic and biochemical guide

Robert Kopf

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Sinusitis causes the mucous membranes of the cavities around your nasal passages (sinuses) to become inflamed and swollen. This interferes with drainage and causes mucus to build up. When sinuses become blocked and filled with fluid, germs (bacteria, viruses, fungi) can grow and cause an infection. Persistent sinusitis can lead to serious infections, asthma, meningitis, ear infection and vision problems.

Triggers to cause sinusitis are common cold, infections, rhinitis with swelling of the nasal mucous membrane, blocked and narrowed drainage ducts, nasal polyps, a deviated septum, allergies, an acidification of the body, immune deficiencies and environmental factors.

Symptoms of sinusitis include throbbing facial pain and pressure, tenderness, headache, ear pain, nasal stuffiness, loss of smell and taste, fever, bad breath, fatigue and aching in your upper jaw and teeth, the area around your eyes, cheeks, nose and forehead feel swollen, and a drainage of thick, yellow or greenish discharge from the nose or down the back of the throat.

In this naturopathic adviser, I will give you recommendations how to treat sinusitis with homeopathy, Schuessler salts (also named cell salts, tissue salts, biochemistry), herbal tinctures and acupressure. I will present you the most proven homeopathic remedies and Schuessler salts, including the appropriate potency and dosage. Homeopathy works holistically and treats the whole body, spirit and soul.

Acupressure comes from the Far East. During the acupressure treatment special points are pressed, massaged or rapped. As long as the energy is distributed evenly throughout the energy channels (meridians) of the body, the person is healthy. When the energy flow is disrupted, the person is sick. By treating certain points, the energy between the meridians will be balanced and the patient gets enough power to become healthy.

I wish you much success in your treatment, joy of life and especially your health. You will find more information about health in my other ebooks.

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