HEALTHY TIPS

Sinus Infection: Common Symptoms & Best Natural Remedies

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Around 35 million Americans deal with a sinus infection yearly. This is inflamed or swollen tissue of the sinuses which contributes to infection.

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The infection causes mucus to build up and it can be quite painful. Although antibiotics are a common treatment for a sinus infection, there are also potent natural ways to heal them, including essential oils,

supplements, nasal sprays, and certain foods.

How to Recognize a Sinus Infection?

The most common signs of a sinus infection or sinusitis are the following:

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- Congestion
- Post-nasal drip
- A thick, yellow, and bad smelling nose discharge
- Blocked nose
- Pressure or ache around the face and eyes
- Headaches in the forehead
- Tiredness
- Coughing
- Fever
- Cold that doesn’t go away or worsens

When a person is diagnosed with chronic sinusitis, they have the previous symptoms for twelve or more weeks, as well as these ones:

- Toothache
- Runny nose
- Congestion or feeling of fullness in the face
- Nasal cavity pus

Beneficial Natural Remedies for Sinus Infection

- **Water**

Proper water intake and a hydrated body are pivotal for the removal of viruses from the body. Consume at least eight ounces every two hours.

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- **Chicken and veggie broth**

Broth soothes the nasal cavities and respiratory tract and also boosts the body with the needed nutrients.

- **Consume horseradish**

Horseradish can clear out the nasal passages. Combine it with lemon for an even stronger effect.

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- **Ginger tea**

Combined with raw honey, ginger tea encourages healing.

- **Onion and garlic**

Add them to your meals to strengthen your immunity.

- **Oregano oil**

This oil contains antibacterial and antifungal properties. Use 500 mg, four times per day.

- **Grapefruit seed extract**

This extract possesses antiviral characteristics and is therefore often present in nasal and throat sprays. Its polyphenols destroy the infection.

- **Neti pot**

A neti pot with saline solution can help clear out the nasal passages. Nasal irrigation helps reduce some symptoms of the condition and brings about improvement.

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- **Essential oils**

Eucalyptus and peppermint essential oils help clear out the sinuses, remove mucus, and reduce infections.

Rub a drop of each on the roof of the mouth and then drink a glass of water. You can also diffuse them into the air and breathe them in.

People with sinusitis should avoid the following foods:

- **Sugar-** it lowers the white blood cell count that play a pivotal role in fighting off infections.
- **Fruit juices**-some store-bought options are full of sugar. It's best to opt for homemade orange juice.
- **Dairy-** milk and other dairy contributes to mucus formation.
- **Refined grains**-these grains boost the production of mucus.

Sources:

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