

Chinese Medicine and Allergies/Sinusitis

Home Remedies For Acute Allergies/Sinusitis

The following are home remedies for allergies/sinusitis that are acute. In chronic cases, you need to handle the root of the problem, otherwise the problem will eventually return.

- Use steam to drain the mucus.
 - Hot showers twice a day. Drink lots of warm water before and after the shower.
 - A facial steamer (blows steam into your nostrils)
 - A humidifier in your room
- Rinse your nostrils with a saline solution (from a spray bottle or medicine dropper)
- Hold towels soaked with warm water over your ears 3 times a day. Continue doing twice a day when your sinuses clear up.
- Massage your face with your eyes closed, use your fingers to wipe circles from your forehead down past your nose to your jaw, then up over the temples to your forehead again. Repeat 10-20 times, then go in the opposite direction.
- Avoid alcohol, spicy foods and cigarette smoke.

Home Remedies For Chronic Allergies/Sinusitis

- Improve your diet
 - This is far more important than you probably understand. Wrong diet causes internal problems that lead to phlegm. That phlegm creates a breeding ground for the bacteria that's causing your sinusitis. Certain foods specifically (and quickly) produce phlegm that leads to sinus congestion.
 - Eat a diet composed primarily of:
 - A large variety of lightly cooked vegetables (fresh and lightly cooked)
 - Whole grains (brown rice, buckwheat and millet are all good. Avoid wheat.)
 - Animal protein (small amounts, more for flavoring than as a main course)
 - Water (room temperature)
 - To get good effect, stay away from everything else until you recover, including: dairy, alcohol, sweets, cold foods and drinks, fruit juices, oily and greasy foods
 - Avoid irregular meals, over-eating and eating late at night. They all cause internal mal-functions, leading your body to produce phlegm.
- Avoid catching colds/flu
 - They affect your nasal passages, leading to chronic swelling and inflammation.
 - Keep your immune system strong so you don't catch colds in the first place.
 - When you do catch a cold/flu, get rest, don't work and use natural cold/flu remedies to get over it quickly
- **Foods That Help Reduce Mucus:** Citrus peel, lemons, limes, clams, mushrooms, pumpkin, radishes, turnips
- **Foods That Form Mucus:** Meats, poultry, fish, grains, refined sugars, drugs and chemical additives

Acupressure for Allergies/Sinusitis

Apply medium pressure to cause an "achy" feel (never painful), for a minimum 60 seconds/3x day, with your finger:

- **LI 20** In the groove on either side of your nose, level with the midpoint of the nostril opening.
- **Yintang** On the middle end of your eyebrows, directly above the middle ends of your eyes.
- **LU 7** On the thumb side of your wrist, run your finger about 1 ½ inches up from the crease of your wrist.

