

Chronic Sinusitis

Overview

Infection sinusitis is an infection of the lining of one or more of the sinus cavities in the facial bones around your nose. Sinusitis can make life miserable, causing tenderness in your face, aching behind your eyes and difficulty breathing through your nose.

Most cases of sinusitis are acute sinusitis, which lasts less than 4 weeks. If the signs and symptoms of sinusitis last more than 12 weeks, or if you have frequent bouts of sinusitis, you may have chronic sinusitis.

Chronic sinusitis is one of the most common chronic diseases in the United States, affecting an estimated 33 million people each year.

Signs and Symptoms

Chronic sinusitis is not typically accompanied by fever. You may have chronic sinusitis if you have two or more of these major signs and symptoms.

- Pressure-like pain on your forehead, temples, cheeks, nose, or around or behind your eyes
- Difficulty breathing through your nose
- Thick, yellow or greenish discharge that drains into your nose or down the back of your throat
- Reduced sense of smell or taste

You may also have chronic sinusitis if you have one major sign or symptom and at least two of these minor signs and symptoms:

- Aching in your upper jaw and teeth
- Bad breath
- Ear pain
- Fatigue
- Cough
- Headache

Causes

Inside your sinuses are tiny hairs, called cilia, which constantly sweep mucus out of your sinuses and into your nose and throat. Your sinuses drain into your nose through small openings called ostia. When the ostia become blocked, mucus backs up in your sinuses.

When your sinuses can't drain, microorganisms such as viruses and bacteria can multiply and cause infection. Infection causes swelling, which makes it even harder for your sinuses to drain.

Common causes of sinus blockage, which can lead to chronic sinus infections, are

- Respiratory tract infections
- Allergy
- Nasal or sinus obstructions
- Lack of antibodies called immunoglobulins in your immune system
- Cystic fibrosis, which causes your body's secretions to become thick and sticky in your sinuses as well as in your lungs
- Trauma, such as a fractured facial bone, which may obstruct one or more of your sinus cavities.

Benefit of SGS Therapy:

- Enhance the Immunity level & lymphatic system
- Initially controls and then immediately removes the infection from sinus cavities
- Clears all sinus cavities through Natural process
- Completely removes the swelling & infectious condition from sinus cavities.

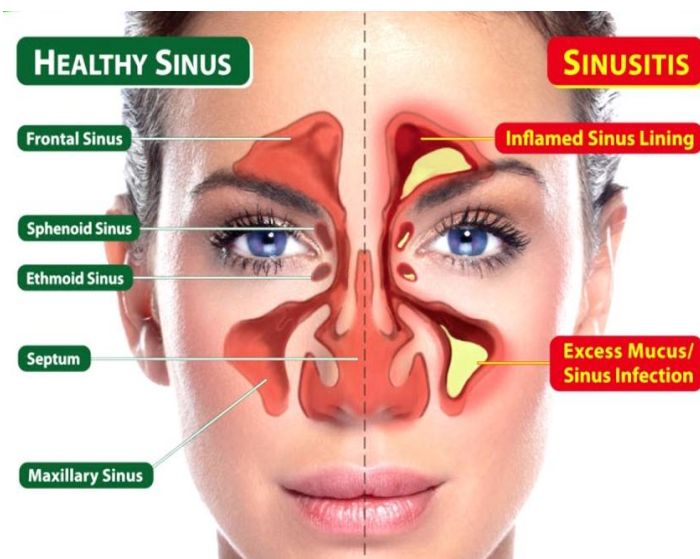
Suggested Products:

Grolyfe: 5 drops 3 time under the tongue

SH&WK: **OmegaSat:** 1 soft gel 2 Times after meal

Minerjal: 7 drops 4 times in 200 ml drinking water

Alproxy: 1 tab 3 times after meal



Your sinuses are hollowing spaces with the bones of your face, behind and above your nose. They humidity and warm the air you breathe, aid your sense of smell, and improve the sound of your voice. They also make mucus, which cleans and moisturizes your nasal passages.

