

SINUSITIS EFFECTIVE NATURAL HOME REMEDIES

www.BestSinusRemedy.com

1

USE ESSENTIAL OILS

Those include oregano, peppermint and eucalyptus essential oils



2

INHALE STEAM

Add your favorite essential oil, put a towel over your head, lean down over and breath



3

SALT WATER RINSE

Use a Neti pot to rinse your lower sinus



4

APPLE CIDER VINEGAR

Add 2 tbs to your water or juice and consume it a few times a day



5

HOT LEMONADE

Prepare hot lemonade by adding high quality lemon juice to hot water



6

OREGON GRAPE ROOT

Natural and effective remedy for infections of all kinds.



7

APPLY WARM COMPRESS

Dampen a cloth and put it across the eyes and nose area



8

EAT SPICY FOOD

Consume chili peppers, horseradish, ginger, turmeric, onions, garlic or curry.



9

FRUIT SEED EXTRACT

Grapefruit seed extract and bromelain are natural sinus remedies



10

AVOID ALLERGENS

Exterminate dust mites, remove mold and use bedding with allergen-barriers

