



# Choices Healthy Views

## *Doctors Choice*

by Dr. Devin A. Mikles MD, MD(H), FACP

### Acute Sinusitis: Antibiotics or NOT?

An acute inflammatory process that leads to pain and swelling of, and discharge from the cavities around the nasal passages (the paranasal sinuses) is something that most of us have experienced at some time. The majority of these events are initiated by the viruses that cause the common cold. Other triggers include allergies, bacterial and fungal infections. It follows that the right treatment of acute sinusitis depends on the cause. In most cases, home remedies and natural products (see some of these below) are all that's needed. However, if the symptoms persist for more than 2 weeks, that would indicate a need for a visit to your health care provider. Sinusitis that lasts more than eight weeks or keeps coming back is called chronic sinusitis, and definitely should trigger further evaluation.

The most frequent request from patients with acute sinus problems is for antibiotics, but that is usually not the best way to deal with these, as the cause is not usually bacterial infection.

In an article published in 2011 in the journal, Mayo Clinic Proceedings, looking at a synopsis of guidelines for the diagnosis and management of acute sinusitis, the authors confirm that most cases are spontaneously eliminated by the body, but that “clinicians continue to overprescribe antibiotics” for this condition, and that “a lack of adequate clinical trial data makes it difficult to ensure that treatment recommendations are based on clinical evidence.”

We recommend you try some of the simple natural means for treating an acute sinus condition, but that you do not hesitate to call or make an acute appointment to see a Choices provider if things don't seem to be going as expected. In cases where other things are needed, we have a wide variety of methods, medications and other integrative therapies that can be individually tailored to your specific sinus circumstances.

[Eli O. Meltzer, Daniel L. Hamilos. Rhinosinusitis Diagnosis and Management for the Clinician: A Synopsis of Recent Consensus Guidelines. Mayo Clin Proc. May 2011; 86\(5\): 427-443. doi: 10.4065/mcp.2010.0392 PMID: PMC3084646](#)



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# THE LATEST NEWS ON SINUS INFECTIONS

*by Peggi Cross, PhD*

The latest news on sinus infection isn't actually very recent at all but is well deserving of a review. In 1999, researchers at the Mayo Clinic in Rochester Minnesota tested 210 people and found conclusively that 96% of the patients had fungus in their mucous and that 96% of those with fungus and sinus inflammation had eosinophils, the type of white blood cells present in the tissue indicating an allergic response to fungal infections. This being the case, antibiotics often prescribed for the infections only treat secondary bacterial infections from the condition. The problem is that no antibiotic drug can treat the condition, and although there are antifungal drugs that can be helpful, the problem is more fungal colonization with an allergic reaction to the fungi, rather than outright fungal infection. It's likely these facts have contributed to the lack of dissemination of information found in this important study.

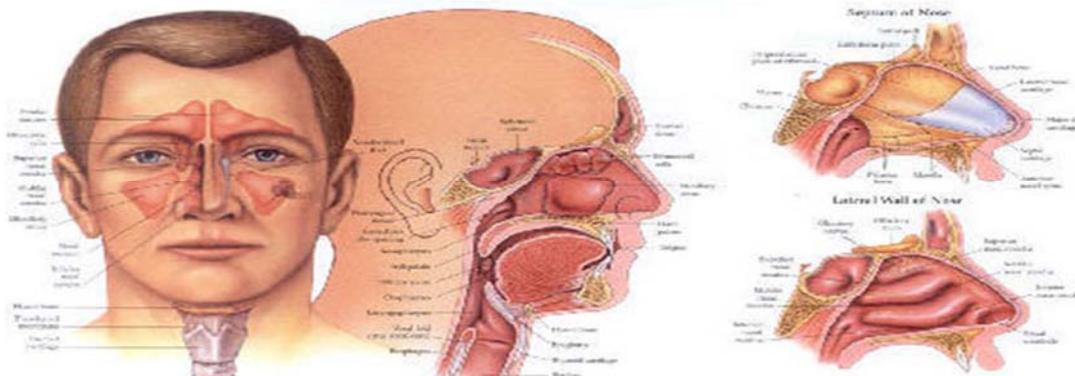
The good news is that there are natural ways of killing the fungus in clogged sinuses. The first is by using a Neti pot for flushing the sinus cavities with saline water. This technique of nasal irrigation was developed as an Ayurvedic tradition in ancient India and the word "Neti" means "nasal cleansing" in Sanskrit. The important factor in having a pleasant Neti pot cleanse is to make sure that the water is lukewarm and that the concentration of the salt is accurate or you may get irritation while cleansing. There are salts with instructions available with the Neti pots to help you make the perfect solution. See the YouTube video: [Neti Pot Nasal Irrigation](#)

The next method involves taking a steaming bowl of water and placing 3 to 7 drops of organic essential eucalyptus or tea tree oil into the bowl. Place your face over the bowl and breathe deeply, covering one nostril at a time to force the steamy vapors through the nostrils. After the vapors dissipate a little, you can place your full face over the bowl and cover your head and the bowl with a towel. While the Neti pots help to clean out organism and debris, the steamy essential oil vapor method actually kills the fungi and gives instant relieve. A few of these treatments a day for a few days and the problem is cured. A very nice video that shows this combined with massage to move the congestion to the lymph area is shown at [Unclog your sinuses with essential oils](#) .

The last preventative step in this process is to check your environment for the sources of mold and fungi that may be causing your problem, and to get any mold and fungus in your home professionally removed.

If you want to try any of these techniques and need assistance, please make an appointment for our nurse clinic ....and don't forget to bring your Neti pot along. We also have these available in our store.

[Ponikau JU, Sherris DA, Kern EB, Homburger HA, Frigas E, Gaffey TA, Roberts GD. The diagnosis and incidence of allergic fungal sinusitis. Mayo Clin Proc. 1999 Sep;74\(9\):877-84. PubMed PMID: 10488788.](#)



# Natural Medicine Store Favorites

by Brian Whitney \*



**Sinupret®** acts reliably against rhinitis as well as acute and chronic inflammations of the paranasal sinuses through its unique combination of the medicinal plants cowslip, gentian, common sorrel, elder and vervain. The thick mucus is rapidly dissolved, the swelling of the mucous membranes is reduced, you can breathe freely again. Potential associated headache eases. However, Sinupret® does not only act against the unpleasant and painful symptoms of the infection, but also against the causes by combating the pathogens (viruses and bacteria).

## SINATROL

The standardized nutrients and botanicals in Sinatrol help support microflora balance, promote normal mucus viscosity for healthy sinus function and promote a balanced inflammatory response.

Why these Natural Ingredients?

**N-Acetyl Cysteine** An amino acid that helps promote normal mucus viscosity, allowing sinuses to function efficiently.

**Andrographis, Siberian Ginseng** Immune-supporting agents such as andrographis and siberian ginseng help support the body's natural defenses.

**Bromelain** Bromelain has been shown to offset dietary arachidonic acid and promote balanced inflammatory response functionality.

**Berberine Sulfate** Berberine sulfate is a salt form similar to the berberine alkaloids found in goldenseal, a plant known to have natural microflora supporting properties.

3 capsules contain: N-Acetyl-L-Cysteine USP 750 mg, Andrographis paniculata Leaf Extract (Standardized to contain 30% Andrographolides) 300 mg, Thyme Herb Extract 5:1 300 mg, Turmeric Root Extract (Standardized to contain 95% Curcumin) 300 mg, Eleuthero (Siberian Ginseng) Root Extract (Standardized to contain 0.8% Eleutherosides) 250 mg, Bromelain (2,400 GDU/g) (from Pineapple) 200 mg, Berberine Sulfate Hydrate 100 mg, and Licorice Root Extract (Standardized to contain 12% Glycyrrhizin Complex) 100. Sug-



## Nasal Tabs 2 from Health Concerns

Acute and chronic sinus congestion with thick, yellow mucus, sinusitis, rhinitis, hay fever, cold, flu



# Add Chiropractic Care to your Arsenal this Cold and Flu Season

by Mary DeRose, DC

Most of us have a provider for television and internet service. I have cable. Lately there's been a glitch and the sound stops for a few seconds. Not a big deal. However, if the glitch is in the spinal cord carrying "messages" to and from the brain to our internal environment it's a different story. Our bodies are magical chemistry labs supplying us with hundreds of chemicals to keep the body functioning properly. The immune system is made up of special white blood cells, proteins, tissues, and organs defending us against germs and microorganisms every day. The white blood cells are produced and stored throughout the body, including the thymus, spleen and bone marrow. When a foreign substance invades the body the immune system activates to eliminate it. This activation is dependent on messages to the brain recognizing the foreign substance. Most think of nerve interference in the spine as a back ache or neck pain. However, if the problem is located in an area of the spine that is going to the organs of the immune system, the response may be delayed or canceled. Nerve interference can bring all this chemical laboratory activity to a halt. Without any recognizable symptoms, your body's nerve supply may be interfered with causing your good health to change, depriving your body of the naturally produced chemicals to function properly, lowering your resistance and weakening your immune system. Invest in your health, take time for regular spinal check-ups. It's the best gift you can give yourself and your family.

# Spirometry Test

By Bonnie Elkhair, FNP

## Complementary Health Practices Available at Choices

- Acupuncture
- Botanical Medicine
- Chiropractic
- Cold Laser Therapy
- Homeopathy
- Intravenous Infusions
- Mind/Body Medicine
- Neural Therapy (NT)
- Neuromuscular Therapy
- Nutritional Therapy/  
Counseling
- Relaxation, Visualization
- Stress Management
- Traditional Chinese Herbal  
Medicine
- Ultraviolet Blood Irradiations and Ozone Therapy

Is your lingering, aggravating cough a symptom of uncontrolled environmental or food allergy, reflux, asthma, or something else? When differentiating cough symptoms and diagnosing asthma, pulmonary function testing is helpful.

Spirometry is the most common test of pulmonary function, measuring Forced Vital Capacity (FVC) and Forced Expiratory Volume (FEV-1). Forced Vital Capacity is the largest amount of air a patient is able to forcefully exhale, after taking a very deep breath. Decreased levels indicate restricted lung function. Forced Expiratory Volume is how much air a patient can force from the lungs, when exhaling forcefully for one second. Decreased readings indicate obstructed lung function.

Spirometry testing is used for periodic surveillance of medication effectiveness and disease progress for patients with a variety of health problems, including asthma, COPD, emphysema, chronic bronchitis, and pulmonary fibrosis.

Spirometry testing usually occurs in a clinic setting, with the patient in a seated position. The test is performed by a technician or nurse who instructs the patient to breathe into a disposable tube attached to a small machine. Exhalation efforts are commonly repeated at least three times to assure relatively consistent readings. The highest of the three scores is used as the final test result. When too much variation exists between all three scores, the patient is asked to retest again at a later date.

Most patients receive an inhaled bronchodilator medication (such as albuterol) after the first series of measured exhalations, to open the lungs and improve air flow. About 15 minutes after receiving the medication, the exhalation tests are repeated, measuring Forced Vital Capacity and Forced Expiratory Volume in response to the medication.

## What's New at Choices

Have you signed up for your Choices Patient Portal?

MyHEALTHware is the ultimate coordinated care solution, providing our patients with the tools and resources needed to easily manage their health information – including secure online access to medical records, a safe portal for sharing information with family and friends, and quick, reliable messaging with all members of your medical team.

Are you ready to take charge of your healthcare information?

Sign up today and discover all the ways myHEALTHware can help you and your physician collaborate, connect and communicate today. Sign up at [www.myhealthware.com](http://www.myhealthware.com) or contact our office and request an invitation be sent directly to your email address.

CONNECT | COMMUNICATE | COLLABORATE

