

Sinus And Allergy Sufferers Searching For Alternative To Antibiotics

(NAPSA)—The overuse of antibiotics has doctors and patients concerned. Worries of building a resistance to drugs combined with an increased interest in preventing or managing sinus and allergy problems over time has more and more people turning to alternative medicines. In fact, 42 percent of Americans and 57 percent of Canadians say they prefer natural approaches to healing, according to Alternative Medicine Magazine.

And it seems they have reason to shy away from antibiotic prescriptions. The U.S. Centers for Disease Control (CDC) estimates that 33 percent of the 150 million antibiotic prescriptions given each year in the U.S. are not needed.

The main concern surrounding antibiotics is bacterial resistance, which makes an infection much harder to treat, requiring higher doses or stronger drugs. In extreme cases, bacterial resistance can be fatal. Antibiotics can also cause uncomfortable side effects such as nausea and confusion that can keep people away from regular day-to-day activities.

The availability of effective non-drug remedies are especially important this time of year for patients who suffer from chronic problems, such as sinusitis and allergies, which affect 37 million Americans alone. The root problem of sinusitis—stagnant mucus—can lead to bacteria infections that are regularly treated by antibiotics. How-



ever, one doctor has found a way to use an all-natural, non-drug method to treat the root cause of sinus problems—whether caused by allergies, cigarette smoke, or even the common cold—before the condition worsens.

“Each year, millions of antibiotic prescriptions are written for symptoms of upper respiratory infections in the United States alone,” said Dr. Diane G. Heatley, an ear, nose and throat physician based in Madison, Wis., who developed the SinuCleanse nasal wash system to treat sinus problems. “Although antibiotics can be lifesaving when used appropriately, many upper respiratory symptoms can be treated as effectively without the potential dangers of antibiotic use.”

Heatley began treating patients of her pediatric practice with a saline solution nasal wash on the suggestion of a colleague who was

studying yoga. For centuries, yogis have been using nasal washes—administered by a neti pot—to soothe the nasal passages and relieve sinus problems without the use of drugs. Just as yoga has gone mainstream, Heatley is bringing a scientifically proven version of the neti pot to the masses. Nasal washes use an all-natural saline solution that flushes the nasal passages to relieve nasal irritation and prevent infection.

A study conducted by the University of Wisconsin-Madison over a six-month period found that users of the SinuCleanse system showed overall improved health and reduced dependency on medications.

“I have seen firsthand how the regular use of a salt nasal rinse can improve sinus function. It keeps the sinuses healthy, preventing the build up of bacteria,” Heatley said. “Because of nasal washes, I’ve seen sinus sufferers go off medication completely and I’ve reduced the number of surgeries I’m performing.”

Non-drug alternatives to antibiotics and other medications are especially important for children. Heatley adds, “I have children as young as four years old who are benefiting from the technique.”

Sinus and allergy sufferers interested in effective all-natural treatments can find additional information on nasal washing at <http://www.sinucleanse.com>.