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# SINUS

# *Survival*

The Holistic  
Medical Treatment  
for Allergies, Colds,  
and Sinusitis

**ROBERT S. IVKER, D.O.**

*Past President, American Holistic  
Medical Association*

Robert S. Ivker

## Sinus Survival: The Holistic Medical Treatment for Allergies, Colds, and Sinusitis



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and- how dietary and changes in lifestyle can significantly reduce sinus and respiratory disease. -how to understand simple exercises that may aid sinus drainage; Sinus Survival provides crucial guidance and information on such topics as:

- how to select over-the-counter medications that will not do more harm than good;



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Awesome Book!! If I'm still unhappy in a couple even more months with my progress overall, tho my sinuses are vastly better today than in years, then I will reluctantly undergo a span of Diflucan or whatever seems reasonable, Until then I'm holding out, hoping my aggressive usage of oils, radical diet plan change, workout, and meditative work can do the job. My hubby purchased this book carrying out a recent discouraging check out with an ENT regarding his sinus infections. The ENT wished him to take antibiotics and steroids and come back in per month to his office to observe if he could scope items out. In the last 30 years, my hubby has already established two nasal surgeries, provides used Flonase or various other nasal sprays on / off and offers been on multiple programs of antibiotics for sinus infections without any lasting results. Rather than throwing any more cash down the drain using typical medicine, my hubby did his study and stumbled onto this AWESOME book. Provides the foundational base necessary to move confidently further into use essential oil self treatment, particularly the prosperity of antifungal oils available these days and researched much more thoroughly than when the writer wrote this. Even though the 4th edition of the book is 14 years old, it really opened his eyes to holistic treatments which are actually working to FINALLY provide him some relief from his sinusitis. HAD it yet with sinusitis? Get this book! Full of great advice. Browse the physiological and treatment sections completely, was not terribly interested in all of the psychological stuff but scanned it too. The book is normally a tad dated I would say given that not much is covered in regard to essential oils, but there is no doubt this article writer and doctor thoroughly knows his field and is not shy about criticizing the prevailing medical establishment appropriately, like the way overuse of antibiotics. Wow, what a wealth of information! Never to enter it, but a straightforward cold turned into a chronic sinus infections and after 5 a few months of antibiotics, steroids, gives of surgery, no help from many Dr's and ENT's (seriously, one told me to pray for spontaneous healing), I experienced like "what do I have to lose? browse the book!.. Impressed with Sinus Survival Having read a number of sinus self-help books in recent years, I must say I am extremely impressed with that one. Dr. Ivker was days gone by present of the American Holistic Medical Association and it displays! That said, what I appreciate about Dr. Ivker's Sinus Survival reserve may be the holistic treatment concentrate in it and the extensiveness with which he explores the treatments. Utilizing the Sinus Survival Treatment Program as a basis, Dr. However, I did so get many of my questions answered and although it is still too early to tell for certain, I seem to be obtaining some comfort by following some of his advice at the moment within the middle of a sinus disease. Similar to my own experiences, I believe the very best approach to remediate sinusitis and allergies is to use a holistic strategy. When I want refills, i' ll go thru Dr. Antibiotic treatment cannot and should not be the only real focus for treating a sinus infection; Great resource This book has literally changed my entire life. I can tell you affirmatively that as a clear nasal area syndrome (ENS) sufferer - who also suffers from sinusitis and allergies - my nose is significantly worse if I do not exercise throughout the day. Five Stars great book Excellent Resource Excellent resource for all those students thinking about below the surface Hebrew.. Ivker recommends nasal irrigation for healthy sinuses in preventative fashion, as I find that to end up being beneficial in my situation. If I do not irrigate, I find myself much more vulnerable to sinus infections. Don't You Become An Empty Nasal area Victim! Like Dr. Ivker, my brother-in-law can be a GP, and I will share this book with him.) Buy & I've been following Dr. Ivker, for this tremendous book! There is a certain marketing component to it, as he offers his own items through a website which is pointed out throughout the book. I have suffered from sinus issues for a long time, including medical procedures. Pulsatile irrigation is literally like my lifeline for sleeping better and breathing somewhat better, too. you need to treat the whole body. Having Nasal Surgical treatment? The information in here is invaluable, especially concerning the use of supplements and organic therapies that your regular ENT might not be familiar with. The only thing it leaves out may be the beneficial properties of essential natural oils and aromatherapy. Buy this book! excellent book. Best of luck to you all. Sinusitis is really a horrible thing to cope with but scanning this book will give you a better understanding & cause you to more confident when coming up with treatment decisions regarding your condition. Very helpful The author does an excellent job explaining sinus infections and potential natural treatments. Chris Martin, author of Ivker goes into great depth concerning a variety of holistic treatments, be it nasal irrigation, candida or fungi remedies, treatments for panic and stress, an effective diet, cleaning up the surroundings, vitamins and herbs. I followed the remedies in this book and they did .. I am grateful Dr. I followed the remedies in this book and they did help quite a bit. I have chronic and pervasive sinusitis, and everything I attempted in here was i'm all

over this. This truly is normally a sinus survival reserve - it's my sinus bible for certain! Good resource I needed this publication for class and it's been valuable Four Stars Gift It works!!! one month in and 90% better, and I maintain improving! Kudos, Dr. Ivker's ideas for just over 1 month now and can state that I am 90% better, and seem to keep improving. Sinusitis, incidentally, actually is a fungal infestation that often gradually affects the brain and can be often connected to leaky gut and candidiasis." Here's what I'd recommend: 1. It is wonderful to see a GP promote an application that can treat the sinuses extremely effectively and provide so many helpful tips. When you understand the true nature of this enemy, you should have the will and endurance to persist most likely for several months with diet changes, nasal washes, and a multi pronged method of getting the health back, mainly without drugs, tho he lays out that choice too. 2.) Sign up for free on Dr. Ivker's website to download the free updated materials, (some assistance/vitamins/products have changed in 15 years). 3.) Jump in TODAY. It got me a couple of hours to determine what vitamin supplements in what supply to order on line. As for him selling his own vitamins, I personally feel like it's such an excellent convenience. You cannot treat your sinuses any additional method - or you miss an interdependent piece of the puzzle. Ivker because it's so easier. My nasal area and sinuses feel even worse if my diet is normally off, if my rest is poor, or if I usually do not irrigate my nose with pulsatile saline irrigation. Every student of Hebrew will see this a great tool for his or her work Every student of Hebrew will see this an excellent tool for their work, and the minister of the gospel will see it easy to understand the meanings of the Hebrew verbs in context. Do some research on oils like Eucalyptus, Tea Tree, Rosemary, Lavender, etc. Those have also really helped me out. Has been incredibly valuable in defeating my long standing up sinus issue. Very useful.



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