

SINUS CONGESTION and SINUSITIS

KEY WORDS

cold, sinus, sinus congestion, sinusitis, rhinitis, allergies, sneezing, cineole, eucalyptus, myrtle, respiratory, URI, Bio-Typed plant oils

Have you ever heard the expression “I need that like I need a hole in the head?” Well, it turns out that we really do need holes in our heads. Our “holes” are four pairs of hollow, air-filled sacs called sinuses. They are located over the eyes in the forehead, between the eyes, below the eyes behind the cheekbones, and near the center of the head.

In some ways, sinuses are a mystery. Scientists still haven’t unlocked the secrets of all they do. We know that the sinuses may help to insulate the skull, allow our voices to resonate, humidify and warm the air we breathe, and help to reduce the weight of the skull. Whatever their purpose is, they sometimes can be a pain – *especially* when you end up with a sinus infection or sinusitis (inflammation of the sinuses and nasal passages).

Anatomy of the Sinuses: Healthy sinuses are lined with tiny, hair-like projections called cilia. The cilia wave back and forth, pushing mucous out of the sinus cavities into the throat where it is swallowed or into the nose where it can be blown out. If thick mucous plugs up the holes where the mucous drains, or bacteria or viruses harm the cilia so they don’t efficiently push the mucous out, the lining of the sinus cavity becomes inflamed, the sinuses fill up, pressure builds, and you will feel the pain of sinusitis. The warm, moist, mucous-filled sinus cavity is a perfect breeding ground for bacteria, leading to a sinus infection.

Symptoms: Pain and pressure in the face is one of the most common symptoms of sinusitis. Which sinus cavity is involved determines where the pain is felt. Other common symptoms include headache, yellow or green mucous discharge from the nose, stuffy nose, bad breath, fever, cough that produces mucous, and a reduced sense of taste and smell.

Sinus Relief from Plant Oils: Studies show that ingesting concentrated, natural encapsulated plant oils can relieve inflammation, destroy harmful bacteria and aid in draining mucous from the sinuses and nasal passages. One of the most well-known plant oils for clearing the sinuses is from eucalyptus. This natural plant oil thins mucous so it can drain more easily, and also is a natural antibacterial and antiviral

to treat sinus infections. Many studies on eucalyptus oil and its key compounds show that it not only reduces inflammation and destroys pathogens, it also helps to strengthen the immune system so that it can respond more quickly to infections.

Another concentrated plant oil that has been well studied and has been sold in Europe for more than 75 years is myrtle oil. Like eucalyptus, myrtle has antibacterial and anti-inflammatory properties. Eucalyptus and myrtle both contain a powerful plant compound called 1,8 cineole. The cineole stimulates tiny, fluttering projections in the sinus cavities called cilia to move mucous along more quickly, which results in further sinus clearing and comfort.

The Safety of Bio-Typed Oils: Concentrated plant oils are potent medicines. However, not all concentrated plant oils are safe for human consumption. Massage and aroma therapists use concentrated plant oils (sometimes called “essential” oils) outside the body, as infusers, or topically, on the skin. These are not the kinds of oils that you should be taking internally – in fact, some of them are *toxic* if swallowed! When you use concentrated plant oils, you must make sure that they are clinically studied and designed to be swallowed, generally encapsulated in a soft gel capsule and that the oils are Bio-Typed. Bio-Typing uses advanced technology to take a “fingerprint” of the oil to confirm its identity, and to make sure the most important compounds are sufficiently present to make the product effective. For example, did you know there are over 900 kinds of Eucalyptus trees, and only one type has been studied for safety and effectiveness for sinus problems? And there are 2800 varieties of myrtle! You must make sure that the plant oil you select is confirmed to be the correct species and type. Additionally, concentrated, Bio-Typed plant oils are tested for purity as well.

Chronic Sinusitis: Acute sinusitis is a short-term event that resolves and goes away. However, some people experience sinusitis that lasts for weeks, or returns again and again. This is **chronic sinusitis**. It frequently occurs in people with asthma, and many people with chronic sinusitis have allergies. Experts believe there is a possibility that constant exposure to inhaled allergens that are present year round, such as house dust mites, pets, mold and cockroaches, can cause chronic inflammation of the nasal passages and sinuses.

While airborne allergens may have a significant role in causing sinusitis, food allergens can also act as triggers. I have personally witnessed a reduction of

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sinusitis with the elimination of certain foods, particularly wheat, all grains containing gluten, and dairy foods. Eliminating these foods may not necessarily eradicate sinusitis *completely*, but they can help increase recovery time significantly. Through trial and error, you may find that a food that is your favorite, and eaten frequently, turns out to be your downfall. Try eliminating the offending food for several weeks and you may be quite surprised at the improvement in the health of your sinuses. I’m not aware of any studies that can support this. However, based on my own personal experience and from the people I have counseled over the years, a change in diet can lead to a significant improvement.

Conclusion: Chronic problems with sinus infection and congestion can get in the way of enjoying life to the fullest. They not only cause pain and discomfort, they interfere with your ability to savor your meals and smell the flowers. They can even interfere with your hearing. By using a formulation containing a combination of concentrated, Bio-Typed plant oils from eucalyptus and myrtle, you will experience relief from congestion in the upper respiratory tract and sinuses, breathe easier, reduce nasal congestion and head stiffness, and have the ability to focus and concentrate more clearly. You can get back to enjoying a full life! **TN**

Terry recommends a formula with these ingredients.

Proprietary Complex (Bio-Typed Plant Oils) 320 mg
Containing Eucalyptus (*Eucalyptus globulus*)
containing 70-85% 1,8 cineole, Myrtle (*Myrtus communis cineole*) containing alpha pinene, 1,8 cineole, in a base of Extra Virgin Olive Oil (EVOO)

When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.

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Oregano Oil for Ear, Nose and Throat Infections

KEY WORDS

Flu, antibacterial, cold season, oregano oil, *Origanum compactum*, E. coli, staph infections, Moroccan oregano, oregano, ear, nose, throat, antimicrobial, carvacrol, thymol, Bio-Typing, Bio-Typed oil, essential oil

There's no denying it – we're coming up on cold and flu season. Chances are pretty high that we, or someone we love, will be at risk of a viral illness that affects the ears, the nose and/or the throat. Bacterial and viral infections inevitably follow cooler, damp weather, reduced sunlight exposure, and greater concentrations of people congregating indoors. If you're like me, you don't want to deal with over-the-counter drug approaches that leave you feeling almost as bad as colds or the flu does, or deal with their dangerous adverse effects.

Fortunately, there's a botanical oil that is one of nature's strongest antibiotics. Traditionally, it's been used for generations and now, current research shows that it may be as strong – if not stronger – than many anti-bacterial drugs – without the risky side effects.

A Pharmacy Unto Itself

One of the best natural ingredients for ear, nose and throat infections, and one that I recommend heartily, is Moroccan oregano oil.

While most of the oregano oil supplements sold in the United States use the species *Origanum vulgare*, Moroccan oregano, (*Origanum compactum*) has been used traditionally in Moroccan medicine for generations. In more recent years, the reason for this has been made known – it is practically a pharmacy unto itself. Especially when provided in a form called a "Bio-Typed" oil.

Bio-Typed oils are oils that have been examined and certified to be the correct plant species and correct key compounds, and are extremely

concentrated. In fact, they are up to **100 times** more concentrated than herbal extracts.

Current studies in Europe found that Bio-Typed Moroccan oregano oil is very effective for treating colds, sore throats, sinusitis, retinitis, and dermatological disorders. That's because oregano oil is a strong antibacterial and antimicrobial ingredient. The popularity of oregano is gaining in research centers in the United States, too, and studies have been conducted at Georgetown, Cornell, and the University of Tennessee. Research points to one especially potent compound found in *Origanum compactum*, called carvacrol. Studies on a wide variety of diseases are extremely promising. Experts believe that all the compounds in this Bio-Typed oil work synergistically, suggesting that the whole oil extract is more powerful than just extracting a key ingredient.

In Moroccan research, the antimicrobial activity of *Origanum compactum* has been very impressive. It shows strong results against *Staphylococcus aureus* (the major cause of staph infections) and *Escherichia coli* (a cause of serious food poisoning). Considering the damage these bacteria cause each year, from skin irritation to emergency room treatment, this is good news. It is more evidence of the herb's amazing value to natural medicine.

At Georgetown University, researchers concluded that oregano oil used alone or in combination with monolaurin (which can be derived from coconut oil) is highly effective against bacteria, including E. coli and H. pylori (responsible for chronic gastritis and ulcers). The authors concluded that due to the safety record of these natural interventions, oregano oil might help prevent and treat severe bacterial infections, especially those that are difficult to treat or are resistant to antibiotic drugs.

Considering how overused antibiotics have become (and as a result, virtually useless in some applications), this news proves again that much of what we really need can be found in nature.

In addition to this already impressive list of abilities, oregano oil is also a powerful parasitic expellant, is valuable as a food preservative, and has been used to decontaminate foods from potentially harmful pathogens.

Researchers have even investigated more intensive uses for *Origanum compactum*. In a comparison of traditional botanicals native to Morocco, it appeared to have an inhibitory effect on breast cancer cells. While further study is necessary, this indicates an exciting application of this widely-used medicinal plant.

Finding the Right Dose

A strong Bio-Typed oil is good – but **more** isn't necessarily **better**. Generally, taking 150 mg per day of *Origanum compactum* Bio-Typed plant oil is perfect. Scientific research in Europe has found a dosage in this range to be highly effective and free of side effects. For a short period of time – no more than 7 to 10 days – you can boost that amount to one, 150 mg softgel three times a day, but higher dosages aren't generally necessary.

The most potent and perfect blend of active components in oregano, the carvacrol and thymol, are found in the *compactum* species. Although most oregano supplements use the *vulgare* species, I'd recommend *compactum* (Moroccan oregano) as the best.

You **can** fight back against the threats of seasonal colds, flus, and bacterial infections without having to resort to drugs with risky side-effects. Natural, effective, and powerful, Moroccan oregano is one of nature's perfect botanicals. It's truly a pharmacy unto itself. **TN**

Terry recommends a product with these ingredients.

Proprietary Formula (Bio-Typed Plant Oil)	150 mg
Oregano (<i>Origanum compactum</i>) containing 55% of carvacrol and thymol (82.5 mg)	