

Sinusitis/Sinus Infection

Sinusitis is an upper respiratory condition, which involves inflammation of the sinus passages. There are four pairs of sinuses in the human skull that help circulate moist air throughout the nasal passages.

Possible Causes and Contributing Factors:

- Bacterial or viral infection
- Food or environmental sensitivity (especially milk)
- Blockage (tumor, polyp, cyst, etc.)
- Constipation or biliary/liver dysfunction
- Fungal infection inside sinus cavity
- Systemic candida

Suggested Dietary Changes:

- Avoid dairy

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.