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# If You Get Sinus Headaches or Constant Congestion You Need To Check For This Hidden Connection

**  January 31, 2016 | **  [Health](http://www.healthyfoodhouse.com/category/health/), [Health Tips](http://www.healthyfoodhouse.com/category/health-tips/) | **  0 | **  admin

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Chronic sinusitis is the term for the inflammation of sinuses, which is manifested with a constant stuffy nose or a cough which keeps you up all night.

This persistent infection tortures over  32 million people.

The most common signs of chronic sinusitis are a persistent pain on the forehead, teeth, around the eyes, cheeks, nose, upper jaw. Moreover, you may experience dizziness, extreme nausea, fatigue, irritability, bad breath, and postnasal drip.

In the case of a sinus infection, doctors usually prescribe antibiotics, but in fact, these can actually be the reason for the pain as inflamed sinuses lead to biofilms. These are pathogen clumps involved in 80% of infections, and oral antibiotics fail to treat them.

Candida albicans is one of the most persistent and difficult to treat fungal biofilms in the body.  It creates a slimy coating that is hard to penetrate.

Namely, antibiotics cannot differentiate good and bad bacteria in the body, so they form an environment where Candida yeast (which is naturally present in the body) can uncontrollably develop and harm the body.

In addition, antibiotics destroy the natural pH balance of the body, which will weaken the immunity, and will create perfect conditions for the multiplication of yeasts and harmful bacteria. Actually, every third American women experiences candidiasis, or chronic yeast infection symptoms.

Despite sinus pain and nasal congestion, candidiasis can also lead to indigestion, urinary and vaginal issues,  sore and bleeding gums, fatigue, acne and skin rashes and thrush (white patches found in the mouth or throat).

The overgrowth of Candida yeast mostly occurs in women who have given birth, after the use of antibiotics or  estrogen, and/or consume a diet rich in sugar.

**Prevent Yeast Overgrowth**

Therefore, it is very important to destroy the yeast that is the major reason for chronic sinusitis. So, you need to consume healthy fats, vegetables and more protein (wild fish, organic beans, free range meat, etc.).

Moreover, you need to reduce or completely eliminate the intake of unhealthy sugars and high-glycemic carbs, particularly grains with yeast or molds.

Namely, fungi are responsible for the production of  300 kinds of harmful mycotoxins in foods. Grains are the most risky ones for fungal contamination, so in the case of yeast infections,  people should dramatically decrease the consumption of  wheat, as well as harmful corn and peanuts.

A recent South Korean research has discovered that pumpkin skins include a possible antifungal protein that inhibits yeast infections, like Candida. This protein, also known as Pr-2, prevents fungi to attack the plant crops.

Additionally, coconut oil also contains caprylic acid, which has a strong antifungal activity for the digestive tract as it regulates the yeast overgrowth, and does not harm your organs,  particularly your liver, unlike the drug nystatin.

Furthermore, the olive leaf extract is also a very powerful antimicrobial. Also, you need to take care of your digestive tract and consume sufficient amounts of prebiotics and probiotics.

**Clean Out The Sinuses**

A remarkable help in the treatment of sinus issues are salt, which can provide even better results than antibiotics. In a cup of lukewarm water (make sure to NEVER use warm water from the tap…boil water, then let it cool. Tap water can be FULL of things you don’t want to add to your sinus area!), simply mix  ½ a teaspoon of ground pink Himalayan salt and ½ teaspoon of baking soda. Then, you can use a sterile eye dropper or a neti pot to apply it.

Furthermore, aromatherapy oils, in particular, those with antifungal properties, can provide fantastic health benefits, as their steam will effectively clear out the sinuses. Simply use oregano, tea tree, eucalyptus, or thyme in a room diffuser or add several drops of the oil to your bath.

If you follow the pieces of advice above, you will no longer suffer from constant headaches and sinus congestion as you will treat all sinus issues successfully!

Sources:
[annlouise.com](http://annlouise.com/2013/10/10/the-surprising-sinus-yeast-connection/)
[www.healthy-holistic-living.com](http://www.healthy-holistic-living.com/chronic-sinus-infection.html?t=SOE)[jbanews.com](http://jbanews.com/2016/01/25/if-you-get-sinus-headaches-or-constant-congestion-you-need-to-check-for-this-hidden-connection/)

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If you suffer from sinusitis, you know that its symptoms are extremely unpleasant. Especially in the season of allergies, you cannot breathe well, you experience severe headaches, the eyes are itchy and you entire well- being is completely impeded.

However, there is a method that can provide significant relief in these cases. Yet, note that it  is only a temporary solution.



Moreover, you should be aware of the fact that the elimination of spicy food and the consumption of large quantities of pure water will provide great relief in the case of [sinus congestion](http://www.healthyfoodhouse.com/if-you-get-sinus-headaches-or-constant-congestion-you-need-to-check-for-this-hidden-connection/).

**This is the technique that will help you if you suffer from sinusitis:**

At first, the sinuses will immediately start to drain. This is due to the fact that the pressure makes the vomer bone to rock back and forth in the nasal passages, and the phlegm in the sinuses is loosened up and drained.

Next, you should push the tongue gently against the roof of your oral cavity, and press the thumb between the eyebrows for around half a minute. Press well, but not too hard.

You will instantly feel the [relief in the sinuses](http://www.healthyfoodhouse.com/how-to-clear-your-sinuses-with-your-tongue-and-your-thumb-in-20-seconds-plus-4-home-remedies-for-sinus-infection1/).

Source: [simpleorganiclife.org](http://simpleorganiclife.org/clear-sinuses/)

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