



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Dramatic Sinus Strategy

“My patient was remarkably better in 12 hours and stopped taking everything in 24 hours; it was very dramatic.”

Years ago a friend of mine had an ear infection and felt miserable. He took antibiotic after antibiotic; and yes, he would feel better for a while, but a few days later, he was right back to where he started. This went on for months.

Finally, someone told him to go to a physician to have his ears cleaned out with hydrogen peroxide. He felt better almost immediately and recovered with lightning speed, without any further use of antibiotics. I tell you that story to illustrate an important wellness principal. The principal is this: Always look for and address the source of infection as quickly as possible.

In that light, here's another case. I had a patient that kept clearing his throat from mucus building

up. A week later he was blowing his nose and coughing up green mucus. Two weeks later, malaise set in, and he continued to produce mucus as a cough and nasal drainage.

As a clinician, typically when I see green mucus, I think bacterial infection, so I recommended ADP by Biotics Research, which is organic oregano oil. ADP works as an antimicrobial for bacteria, fungus, and many forms of amoeba and parasites. After 3 weeks, he was really no better.

Next, I considered using enzymes to strip away the mucus where biofilms are home to bacteria as well as fungi. So I added Intenzyme Forte by Biotics, which is a proteolytic enzyme.

By now we are going on about 6 weeks. The patient doesn't really feel bad, but to everyone else, it sounds like he is contagious. Coughing, throat clearing, and nose blowing continued to an uncomfortable level for him and those in close proximity.

I was talking with Daryl DeLuca from Biotics Research Corporation, and he made this recommendation. For sinus and bronchial conditions, make a solution of Liquid Iodine Forte (as potassium iodide), 4 parts water to 1 part iodine, and use it as a nasal lavage.

The whole process of making it and using it took less than 5 minutes, and it worked in less than 12 hours. Daryl DeLuca

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also told me to take a spray bottle from the drug store, empty it, and fill with approximately three quarters water and 6 dropperfuls of Liquid Iodine Forte. Use enough in each nostril so that you literally cough out the fluid mixture. Do it four times a day.

He said it's the first thing everyone in his family does at the first sign of cold to stop it from digging in and taking root in the sinus mucus. My patient was remarkably better in 12 hours and stopped taking everything in 24 hours; it was very dramatic.

So I learned something new that has helped my own family and many of my patients since. Use an iodine lavage at the onset of any sinus symptoms.

Liquid Iodine Forte, as potassium iodide, is inexpensive and can be used as a first line of defense. Iodine is very antimicrobial. An iodine dependent enzyme called mucinase is necessary to break up mucus. The iodine lavage flushes out the toxic mucus as well as kills the bacteria that breed in them.

I think everyone should have some Liquid Iodine Forte in their medicine cabinet and use it at the first sign of infections. It's inexpensive, and it has several other uses. Besides iodine supplementation, it can be used for nail fungus or to disinfect wounds. I keep it in my medicine cabinet year round.

Ask your Wellness professional how you can get Liquid Iodine Forte by Biotics Research Corporation.