



# Wellness Minute

Health Information You Can Use On Your Path To Wellness



## Sinus Infections

**“Hidden infections are an underlying cause of pain and systemic inflammation and one of the places to look for them is in the sinus cavity.”**

Many people are not aware that infections can hide in your body. Hidden infections are an underlying cause of pain and systemic inflammation, and one of the places to look for them is in the sinus cavity. Sinus infections are more prevalent and more serious than we think. Researchers claim chronic sinusitis affects 17 percent of the adult population of the U.S. Chronic sinusitis causes long-term nasal congestion, production of thick mucus, a loss of taste and smell, and creates an environment for opportunistic bacterial or viral infections that exacerbate those symptoms.

In a 1999 study with the Mayo Clinic and the University of Buffalo, Dr. David Sherris and his team showed that “fungal organisms were present in the mucus of 96 percent of patients who had surgery for chronic

sinusitis.” Of interest was that inflammatory cells were clumped around the fungi, which indicated that the condition was an immune disorder caused by fungus. “These fungi cause inflammation and the thickening of healthy mucus.”

The average human body produces about a liter of mucus per day. Nasal mucus is clear and thin. However, during times of infection, mucus can change color to yellow or green, either as a result of trapped bacteria or due to the body's reaction to viral infection. An excessive amount of mucus is a breeding ground for bacteria and other airborne fungi. So, if we can thin the mucus and apply nutrients that are antifungal and anti-bacterial in nature, we can treat the cause and not just the symptoms.

A physician and friend called to tell me his wife had been suffering from an acute sinus infection. For several days, she was so packed with mucus that it was difficult for her to breathe. She was unresponsive to chiropractic care as well as salt water lavages. The mucus was so thick, she couldn't get the fluid in her nose. Knowing proteolytic enzymes can reduce inflammation and promote drainage, he gave her a proteolytic enzyme by Biotics Research called Intenzyme Forte.

Intenzyme Forte by Biotics Research is a broad spectrum, enteric coated proteolytic enzyme formula. Intenzyme Forte is in the top 5 of my favorite supplements. Based on the life work of Dr. Wolfe in Germany, Intenzyme Forte not only contains

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therapeutic levels of pancreatin, bromelain, and trypsin, but has the highest levels of alpha chymotrypsin that I know of.

So, after my physician friend's wife tried Intenzyme Forte, he reported back. Much to her surprise, by the end of the second day, the mucus began to break up, and she was able to expel it. The sinus condition completely cleared in the next few days.

Over the years, several physicians have called me to share similar experiences, so this is not just a case of one. You see, before patentable drugs like NSAIDS became so popular, proteolytic enzymes were used in medicine to reduce inflammation and healing time. Other studies have also shown proteolytic enzymes to be effective to reduce healing time with other kinds of inflammation and injury.

Another effective strategy to help with sinus infections is to support the immune system with a targeted oral probiotic called Adult ENT-Pro for

adults or Children's ENT-Pro for kids. Over 40 studies show safety, stability, and effectiveness against the pathogens most commonly seen with ear, nose and throat cultures. The tablets are a tasty chewable strawberry flavored probiotic and have been shown to be effective against 3 strains of Candida, Klebsiella, and two forms of staph to name a few. Adult ENT-Pro and Children's ENT-Pro contain a proprietary blend of 6 billion organisms designed to adhere to the oral cavities and affect microbiota in the ear, nose, and throat. In essence, it enhances or modulates health by driving or activating mucosal immune mechanisms.

Remember, a focal point of hidden infections can be your sinuses. Your clinician can help if you are experiencing symptoms like congestion, thick mucus, loss of taste and smell, or any chronic sinus problem. And here's the bonus... as you treat the hidden infections, pain and inflammation in other areas of your body will begin to disappear as well. Ask your clinician about Intenzyme Forte and both Children's ENT-Pro and Adult ENT-Pro.