

105. Sinus Congestion, "stuffy head"

Chronic sinus congestion can be an indication of chronic dysbiosis in both the small intestine and more importantly in the sinuses themselves. New research has linked a chronic fungal infection with chronic sinus infections. Many people with chronic sinus congestion have had numerous courses of antibiotics to treat the infection, with no success. This can also contribute the dysbiosis in the small intestine. Another possible cause of sinus congestion is a need for HCL.

1° Indication

Dysbiosis

Further assessment	<ol style="list-style-type: none"> 1. Increased urinary indican and sediment levels 2. Stool analysis-either comprehensive digestive analysis or a parasite profile 3. Check for tenderness in the Chapman reflex for the colon located bilaterally along the iliotibial band on the thighs. Palpate the colon for tenderness and tension. 4. Check for tenderness in the Chapman reflex for the small intestine located on the 8th, 9th, and 10th intercostal spaces near the tip of the rib. Also palpate four quadrants in a 2" to 3" radius around the umbilicus for tenderness and tension
---------------------------	---

2° Indication

Digestive dysfunction with hydrochloric acid need

Further assessment	<ol style="list-style-type: none"> 1. Check Ridler HCL reflex for tenderness 1 inch below xyphoid and over to the left edge of the rib cage 2. Check for tenderness in the Chapman reflex for the stomach and upper digestion located in 6th intercostal space on the left 3. Check for a positive zinc tally: A patient holds a solution of aqueous zinc sulfate in their mouth and tells you if and when they can taste it. An almost immediate very bitter taste indicates the patient does not need zinc. Patients who are zinc deficient will report no taste from the solution. 4. Gastric acid assessment using Gastrotest 5. Increased urinary indican levels
---------------------------	---

Supplemental Support

<ol style="list-style-type: none"> 1. ADP 2. IPS 3. Hydro-Zyme 4. Colon Plus 	<ol style="list-style-type: none"> 5. L-Glutamine 6. Bio-Immunozyne Forte 7. BioDophilus-FOS 8. HCL-Plus
--	--

Lifestyle changes

Please see the handout in the appendix on the Dysbiosis diet