

Sinus Cleansing

How to clean the sinuses, prevent and combat infections

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Sinus Cleansing, or nasal/sinus cleansing, using warm salty water, is a very ancient technique which has been passed on for thousands of years by the Yogis of Ayurvedic Medicine in India, now gaining credibility in the modern medicine. Nasal flushing is a simple technique for irrigating the nasal cavity with a salt water solution to cleanse out mucous, allergens and other debris. Though it can be done by simply sniffing a salt water solution up your nose out of the palm of your hand (while leaning over the sink), specific cups/neti pots are made to facilitate the process. With the ever increasing incidence of respiratory illnesses such as asthma, allergies, hay fever, chronic sinusitis, colds, influenzas, etc, the practice of Sinus Cleansing is very beneficial to the cleanliness of the eyes, ears, nose, throat, lungs, as well as the thinking processes. It clears away the old debris built up in the sinus passages, taking away the environment that may support bacteria growth, in the blocked sinus cavities.

Benefits of Sinus Cleansing

Sinus Cleansing removes all the dirt and bacteria and virus filled mucus from within the nose. It also helps to drain the sinus cavities. This, in turn, will help to reprogram the body's natural mechanisms against nasal infections such as hay fever, allergies, sinusitis and other upper respiratory complaints like sore throats and coughs, post nasal drip, inflammation of tonsils and adenoids. It is beneficial for illnesses such as asthma and bronchitis as it reduces the tendency for mouth breathing by freeing the nostrils of mucus.

Sinus Cleansing can improve the sensitivity of the olfactory nerves, helping to restore lost sense of smell. I also suggest cutting back on our dairy products from your diet, drinking milk and consuming other dairy products can cause nasal blockages. By cleansing away trapped mucus, we also deny a potential breeding ground for viruses and other infectious disease.

Reasons for Sinus Cleansing

1. To remove excess mucous due to cold or congestion
2. To prevent colds or sinus infections by creating an unfavorable environment for bacterial and viral organisms
3. To cleanse the nostrils of irritating pollens or other allergens
4. To cleanse the nasal mucous membranes of dust, smoke or other airborne contaminants
5. To remedy nasal dryness, including dryness from flying
6. To enhance the breathing.

Sinus Ease Formula

<https://www.darcywellness.com/shop/sinus-ease>

Sinus-Ease complements the Sinus cleaning regime, combining multiple Chinese herbs that work in several different ways to help relieve nasal congestion. It disperses wind and expels toxins to relieve inflammation. Moreover, it dissolves phlegm (especially nasal mucus), clears discharge and thus opens the nasal passages. It is used in Traditional Chinese medicine to "dispel wind and remove toxic heat from the nose". The most often used in TCM to treat acute and chronic sinusitis.

Anatomy of the Sinus Cleansing Practice

For those who may not have much idea of the internal workings of the nasal cavities, it may seem like a silly thing to pour warm salty water through our nose. But when examined we find that the first line of nasal defense are the tiny hairs called "cilia" which should trap larger particles entering the nose. The sinuses are after all the filters of bacteria and viruses for the lungs. These cilia are usually cleansed by the act of normal breathing and by blowing the nose, but sometimes, due to a gradual build up of dirt they can become clogged and may require washing out. The whole of the nasal passages from nostrils to throat are covered with a

