

4 Fundy Road
Falmouth, ME 04105
www.CoastalNaturalHealth.com
Phone (207) 781-4447
Fax (207) 781-4487

COASTAL NATUROPATHIC CENTER



Richard K. Maurer, N.D.
Doctor of Naturopathic Medicine
Sarah P. Kotzur, N.D.
Doctor of Naturopathic Medicine
Alexandra S. Maurer, L.Ac.
Licensed Acupuncturist

SINUS INFECTION SOLUTION

- **SALINE WASH** - Home saline wash is the most effective single treatment. Do this over a sink with running water, it is gross, but clearly effective. You can purchase a Neti Pot and follow instructions. We usually recommend simply flushing the sinuses with:
¼ tsp salt to ½ cup water
This flushes antigens out of the nasal passages and eradicates bacteria from the nasal mucosa. Gently inhale the same strength of salt water by plugging one nostril and gently sniffing the solution off a tablespoon through the other. Moving the position of the head will “move” the saline to different areas of the sinus passages. A pinch of baking soda makes the solution a bit less harsh and is an optional ingredient. There is also a product by Arm and Hammer called “Clearly Saline”. This can be useful for younger children or if you are too grossed out by the above.

Do this up to 2 times per day.
- **URTI COMPOUND** herbal tincture - 2 dropperfuls 3-4 x/day in water. Nastiest Tasting Tincture we could come up with – but taste is commensurate with its effectiveness. Hang in there.
- **EHB** - 2 capsules 3-4x/day. This is a go-to combination of nutrients and herbs for some immune support and antimicrobial effect.
- **Zinc Lozenges** - use especially if a sore throat is present - Lozenges need to contain a certain form of zinc to be effective for sore throat and colds. *Use every 2 hours at the 1st sign of cold/sore throat*
- **Getting a Bowen treatment or naturopathic manipulation can be helpful to allow the sinuses to properly drain through the lymphatic circulation of the neck and head.**