

Chronic Sinusitis Treatment

(MARCoNS+ or Fungal Sinusitis)

NOTE: Chronic sinusitis inflammation is only millimeters from the pituitary gland, where it can cause or aggravate chronic inflammatory hormonal & immune symptoms elsewhere in the body, such as in chronic fatiguing illnesses where the Innate Immune System is chronically inflamed.

Ingredients:

- **Nasal saline** solution (sinus wash) from drug store ($\frac{3}{4}$ table salt & $\frac{1}{4}$ baking soda);
- **Amber Glass Nasal Sprayer** (by "**Snoot!**"), 30ml (1oz), from Remedy Pharmacy in Torrance, or empty 2-Pack from Amazon; has deeper nozzle to insert fine mist spray into nostrils;
- **Interfase Plus capsule** (Klaire; available online from Fullscript online dispensary, or from Remedy Pharmacy in Torrance; *the "Plus" version has an ingredient to break down the biofilm that interferes with treatment.*)
- **SinuOrega** (antimicrobial herbs), 2 oz, *North American Herb & Spice*, from Amazon or local; this ingredient is optional and may not be needed.

Preparation:

1. Remove nozzle from empty Snoot sprayer, & fill the Snoot sprayer bottle with saline solution (may add SinuOrega solution up to half; this is optional and may be more irritating).
2. Open one capsule of Interfase Plus and empty its contents into sprayer bottle.
3. Screw nozzle back on, & shake to mix.

Application:

1. Shake before each use. Keep refrigerated between uses.
2. Apply 1 or 2 sprays deep into nostril (with other nostril pinched shut by fingertip) while sniffing in deeply to distribute deep into sinuses; repeat for other nostril.
3. Lie on back for 1-2 minutes to allow drainage deep into nose; don't blow nose for first 2 minutes. (*Positive response is copious yellowish nasal discharge, sometimes blood-tinged.*)
4. Apply into nostrils twice daily if tolerated. (One full bottle will last for many applications.)
5. Temporary nasal irritation may occur. If spray is excessively irritating to inflamed nasal tissue at first, reduce frequency or number of sprays to minimize irritation. Petroleum jelly can be applied by fingertip into each nostril before spraying to reduce irritation there.
6. Your nose will feel congested for a while after each dose. After first 2 minutes, blow nose as often as needed to keep clear. You may blow out thick yellowish mucus & yellow or bloody clots; this should diminish as the sinuses gradually become clearer.

Decrease frequency if nasal discharge response is minimal. Discuss with doctor how long and how frequently to continue application. (Some chronic cases may need a prolonged maintenance schedule, depending on whether and how much the discharge continues or recurs.)