



HOME THERAPY

SINUS REMEDY

This remedy is very useful for congestion and pain from a head cold that has turned into a sinus infection. It will help to loosen up the congested sinuses and help to get the mucous starting to drain out of the area. Along with the use of herbs and vitamins, this treatment will relieve the sinuses of pain and pressure.

PROCEDURE:

- ◆ You will need an assistant, running water, two face clothes, and about 30 minutes at bedtime.

INSTRUCTIONS:

- ◆ Heat a face cloth as hot as the skin will tolerate.
- ◆ Apply face cloth to the skin over the sinuses. This goes from the top of the hairline on the forehead right over the temples, over the eyes and including the cheeks. Only the nose should be sticking out underneath the face cloth.
- ◆ You will need the cloths as hot as possible. After 3-4 minutes, when the first cloth begins to cool down a little bit, your assistant can bring you another heated cloth and switch them.
- ◆ Switch the face frequently enough so that the face remains hot for 20 minutes.
- ◆ After 20 minutes of hot clothes, switch to cold cloths for 10 minutes. This will be a shock, but will feel good.
- ◆ After the treatment is done, the sinuses should feel fresh and invigorated. You won't feel much of a change right away, but usually will notice quite a difference in the morning. When taking a shower the next morning, usually "gobs" of mucous will start coming out of the sinuses.

