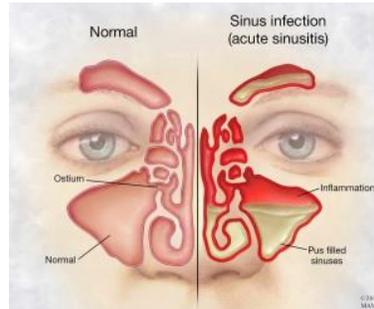


Treating Sinus Infections Without Antibiotics



People often want an antibiotic to tackle a sinus infection but that might not be the best treatment since most infections in the sinuses are caused by viruses. Antibiotics fight bacteria, not viruses.

There are also complications that can develop with dependency on these drugs. The more antibiotics are used the less effective they can become, with possible side effects like dizziness, stomach problems and rashes.

Instead of turning to antibiotics we suggest alternative methods of treatment.

1. First of all, you should give yourself enough REST! Your body needs the time to fight the infection with full force, especially in the first few days when symptoms are the most severe. This goes for any viral infection. Rest is what your body needs most.
2. Drinking warm beverages to help loosen and drain mucus build-up works. Warm water, soups, broth and tea are among the most popular and effective choices.
3. Don't forget to take breaks to breathe in warm, moist air from a shower or put your head over a bowl of hot water and breathe in. You can put a towel over head while you do this and add some vicks vapor rub to the water to help open the sinuses a bit more.
4. You may want to consider rinsing your nose with salt water sprays or nasal irrigation kits like Neil's Med or HydraSense which can often provide nasal relief naturally. Be sure to follow the directions.

Watch out for over-the-counter products that contain oxymetazoline such as Dristan or Otrivin. These products may relieve symptoms for a few days, but if used for more than three days, they can cause what is known as 're-bound congestion' so if you use them limit it to three days maximum.

Sinus infections can turn into a bacterial infection, due to the prolonged blockage in the sinus cavity. It is not easy to determine whether the infection is viral or bacterial, considering that the symptoms are the same for both. Even if the infection becomes bacterial, 70% of the time the infection will go away within two weeks without antibiotics. In the event of prolonged symptoms, severe headache, toothache, or face pain or for persisting fevers greater than 102 degrees you should be seen by your health care provider.