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Scent Savvy

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page 12

Lung Support

What you need to breathe deep.
page 37

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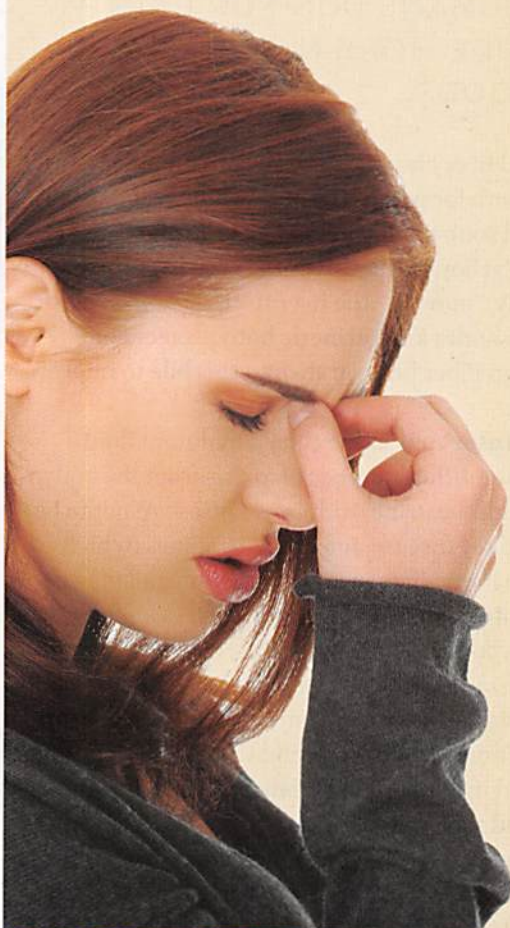


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20

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HOW TO EASE SINUSITIS

NATURAL REMEDIES THAT MAY HELP

PRONE TO SINUS INFECTIONS? WE FEEL YOUR PAIN—ESPECIALLY THIS TIME OF YEAR! SPRING ALLERGIES CAN INCREASE YOUR RISK OF SINUSITIS. HERE'S HELP.

Our paranasal sinuses are mucus-making air cavities in the bones near the nose. That mucus keeps the inside of the nose moisturized and stops micro-organisms from entering the body. But hay fever, also known as allergic rhinitis, blocks nasal passages, trapping mucus in the sinuses. That build-up can lead to sinusitis—an infection or inflammation of the sinus lining.

It can be hard to tell the difference between allergies and sinusitis. The two conditions share the symptoms of runny nose, nasal congestion, and sinus pressure. Itchy, watery eyes and an itchy nose are telltale symptoms of seasonal allergies; thick green or yellow nasal discharge is the calling card of sinusitis.

Consider these natural remedies for relief.

Andrographis

This herb, native to India and Sri Lanka, has long been used in Ayurvedic and traditional Chinese medicine practices to stimulate the immune system and reduce the inflammatory symptoms of sinusitis.

One double-blind, placebo-controlled study found that those taking an *Andrographis paniculata* extract instead of placebo for five days experienced highly significant improvements in their general malaise, headache, and nasal and throat symptoms.

People taking certain meds such as blood pressure-reducing drugs, anticoagulants, and antiplatelet drugs should not use this herb. Consult your healthcare practitioner.

Spirulina

Studies show that spirulina, a blue-green alga, significantly improves symptoms such as runny nose, sneezing, and nasal congestion.

Bromelain

Bromelain is an enzyme found in pineapple. Research finds that taking bromelain supplements can help improve symptoms of sinusitis, including the thinning of mucus secretions. It's most effective taken on an empty stomach.

Bromelain thins the blood, so consult your healthcare practitioner if you take blood-thinning meds or have a bleeding disorder.

Quercetin

This natural plant compound acts as an antihistamine and reduces mucus secretion. It's often combined with bromelain and vitamin C in supplement form.

Butterbur

This herb works well for allergies, appearing to inhibit inflammation. In one study with more than 300 participants, butterbur worked as



well as Allegra at reducing hay fever symptoms. Look for a butterbur extract called Petadolex—it does not contain the herb's pyrrolizidine alkaloids (PAs), which can be toxic to the liver.

Nasal Rinses

To clear nasal passages, use a xylitol and saline solution that can be bought in a convenient squeeze bottle. Or use a neti pot filled with a mixture of two cups of lukewarm water, a half teaspoon baking soda, and a half teaspoon of non-iodized salt. If you're using a neti pot, use water that's been previously boiled or is otherwise purified, distilled, or sterile.

Eucalyptus Oil

Warming up and moisturizing your sinus passageways can get the mucus flowing. Add a drop or two of eucalyptus essential oil to a bowl of steaming hot water. Tent a towel over your head and bend over the bowl to inhale the steam.

"Eucalyptus smells great, and has been used for centuries to clear stuffy airways, shrink nasal swelling, and reduce secretion of mucus—fast," says Jacob Teitelbaum, MD. He recommends cineole, a pure form of eucalyptus oil extract. ■■■

SELECTED SOURCES "Allergic rhinitis and spirulina" by M.J. Egles, *Natural Health Research Institute*, 5/24/13 ■ "Anti-inflammatory effects of the petasin phyto drug Z3339 are mediated by inhibition of the STAT pathway" by S.A. Steiert et al., *Biofactors*, 5/17 ■ "A double-blind, placebo-controlled study of *Andrographis paniculata* fixed combination Kan Jang in the treatment of acute upper respiratory tract infections including sinusitis" by E.S. Gabrielian et al., *Phytotherapy Research* ■ "Effectiveness of steam inhalation and nasal irrigation for chronic or recurrent sinus symptoms" by P. Little et al., *CMAJ*, 9/20/16 ■ "Oral bromelain attenuates inflammation . . ." by E.R. Secor et al., *Evid Based Complement Alternat Med* ■ "Pay close attention to symptoms to determine if cause is sinus infection or allergies" by Shawn Bishop, www.MayoClinic.org, 4/12/13 ■ "Xylitol nasal irrigation in the treatment of chronic rhinosinusitis" by L. Lin et al., *Am J Otolaryngol*, 7-8/17



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