



Name 90-day Sinus Programme

Caps

Code Name

SNS-S3 90-day Sinus Programme

Available in 30-day packs. If you are following a programme, we can either send a pack a month for 3 months, or send all 3 packs at once; 10% discount applies in either case. Also available as individual 30-day packs, code SNS-S1 Sinus Programme with Snuff (usually sent as pack 1 of the full 3-pack programme) and SNS-G1 Sinus Programme with Power Garlic (usually sent as packs 2 and 3 of the full 3-pack programme). There is no discount on the 30-day packs.

There is no 'drops' version of this programme.

Area concerned

Sinuses, upper bronchial areas.

Ingredients

The first of three 30-day pack includes:

100 *Sin/All Capsules*

100 *Anti-Cat Capsules*

1 tub of *Herbal Snuff*, and an explanatory leaflet about the programme.

The second and third of the three 30-day packs includes:

100 *Sin/All Capsules*

100 *Anti-Cat Capsules*

100 *Power Garlic Capsules*

See data sheets for individual products for more detailed information.

Description

The *Sinus Programme* has been designed to give thorough support to the sinuses and upper respiratory areas. The *Sin/All Capsules* are based on Dr Christopher's formula for the sinus areas; the *Anti-Cat Capsules* are a formula of Ayurvedic origin given by Michael Tierra.

The *Herbal Snuff* contains bayberry, eucalyptus, golden seal, cayenne. When 'snuffed' up the nose, this herbal mixture can help keep the sinuses clear and comfortable. One tub of *Herbal Snuff* should last the 90 days of the course so, in months 2 and 3, *Power Garlic Capsules* take its place. Garlic can be beneficial for keeping catarrh in balance.

Combined with a healthy diet and good exercise and relaxation regime, this programme can help the sinuses stay balanced and comfortable. In the diet, foods thought to cause catarrh in some people include; dairy foods (milk cheese), wheat, oranges and flour products including bread; so you might like to avoid these foods or reduce them.

Caps

Why use the *Sinus Programme*?

The bones of the front of the skull, around the nose, are quite large. If they were solid bone, they would be heavy, so evolution has made them hollow. The cavities - the sinuses - are lined with mucous membranes, and they have a drain hole to drain away any excess mucous. Two situations can arise; firstly, the mucous membranes can produce excessive mucous, perhaps because of sensitivity to certain foods (cheese, milk, wheat appear to be the main culprits) and secondly, this sensitivity can cause inflamed tissues which can impinge on the drain hole, impeding the drainage of mucous through the - relatively small - hole.

The ideal approach is to keep the sinuses working well and this is where the *Sinus Programme* can be beneficial.

Take the herbs from the first pack every day, using the *Herbal Snuff* 3 times a day to help keep the sinuses clear. You only need a small pinch of the snuff each time, so one pot should last you the 90 days of the programme.

In months 2 and 3, *Herbal Snuff* is substituted with *Power Garlic Capsules*, garlic being recognised by herbalists to help balance catarrh in the body.

HELP YOUR SINUSES

Standard use

1 capsule of each of the encapsulated products, 3 times a day. Also, use the *Herbal Snuff* 3 times daily, to help the sinus areas directly.

How long to take it for

We recommend taking this programme for 3 months (90 days). If you wish, it can be repeated, we suggest after a month's break, or perhaps annually.

Cautions

Do not use *Sin/All Capsules* if pregnant or nursing.

Do not take *Power Garlic* alongside blood thinning drugs such as Warfarin.

Companion Products

90-day Lung Programme; Anti-Cat Capsules; Echinacea Compound Capsules; Lu Capsules or Tea; Power Garlic Capsules; Herbal Snuff.