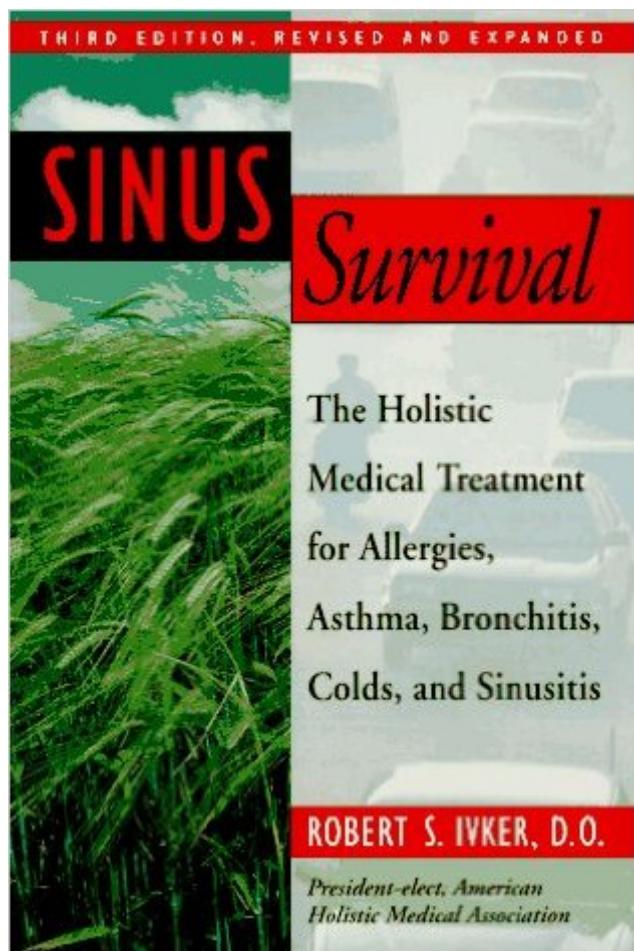


The book was found

Sinus Survival: The Holistic Medical Treatment For Allergies, Asthma, Bronchitis, Colds, And Sinusitis



Synopsis

A revised and expanded edition for sufferers of sinus ailments and respiratory problems offers up-to-date medical guidance, including diagnostic tips, a variety of traditional and holistic techniques, and preventive recommendations. Original.

Book Information

Paperback: 240 pages

Publisher: Tarcher; 3 edition (October 17, 1995)

Language: English

ISBN-10: 0874778077

ISBN-13: 978-0874778076

Product Dimensions: 5.5 x 1.1 x 8.2 inches

Shipping Weight: 12.6 ounces

Average Customer Review: 4.9 out of 5 starsÂ [See all reviewsÂ](#) (13 customer reviews)

Best Sellers Rank: #1,007,167 in Books (See Top 100 in Books) #126 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #135 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory #397 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies

Customer Reviews

While I was reading this book 3 years ago, I started taking vitamins, stopped eating dairy and drinking sodas, and stopped taking antibiotics and nasal inhalers. I can't tell you how much this has helped me! I have bought or given my copy (then, replaced it, of course) to my mother, my grandmother, and a friend who could not SCUBA dive because of sinus problems. This book gives so many suggestions and so much information that even trying a few can really change your life - I am now living in a highly polluted area and I still SCUBA dive and breath! Thank you for a life-saving book.

While reading the first 3 chapters of this book, I started crying because Dr. Ivker understood and described in detail what I was going through. If you have ever felt like your sinus problems are ruining or controlling your life, and all the doctors can do is give you an antibiotic or a decongestant, then you need to read this book. If you live in an urban or agricultural area, you will be especially interested in what Dr. Ivker writes about air pollution's effects on your condition. The author has suffered with lots of sinus problems himself, in addition to the thousands he has treated, so he

knows what he's talking about. The book gives very practical and specific suggestions regarding diet, vitamins and supplements, exercise, and environmental changes you can make in and around your home. This book pulls together in one place everything I've been able to find on the topics of sinusitis and allergies.

As a number one candidate for major sinus surgery with severe sinus disease, I was lucky enough to discover this book--and it has changed my life; and my sinuses! It took several months, as the author said it would, but through techniques such as sinus irrigation and the use of nutritional supplements I have completely healed myself of this chronic disease that consumed my life. Ivker is not only not afraid to go against the AMA grain, but approaches dis-ease through meticulous research of all forms of medicine. He is a genius and modern day healer.

My son was plagued by chronic sinusitis from 2yrs through the age of 7. After constantly being prescribed antibiotics, inhalers and even steroids, I came across Sinus Survival and the link to nutrition and food sensitivities discussed in the book. The difference was immediate and significant. The culprit: chocolate and cocoa discovered through the strategies suggested in the book. I highly recommend the book for chronic sinus sufferers as well as parents of children who have frequent ear infections. They may not need those ear tubes!

Having suffered through the medical system for years with repeated antibiotic treatments, this book summarized my "condition" better than anything I'd read in years. After 6 weeks of faithfully following this regime, I was sleeping at night, NOT coughing up fluid like a consumption patient each morning and headaches were a memory rather than a daily reality. Highly recommend this book.

This was the first book I've read that made a connection between sinus problems and candida. He devoted a whole chapter to candida. Since reading this book, I have been treating my sinuses through candida medications and candida diet. This has been the ONLY thing that has helped me in all these years. After researching candida further, I found out there CAN be a connection between candida and dental amalgams which I believe has been causing my problems all along. (This is about the only thing he hadn't mentioned in his book). Along with this problem stemmed a problem of main-stream doctors' treatment with antibiotics and prednesone for the last 30 or so years on a regular basis.

This book has given me hope for a better quality of life. I am not able to try all the herbs because I am nursing but the yeast diet has changed my overall health. I don't recommend doing everything he says in the diet or you won't eat much but just cutting out sugar and bad carbohydrates I have been healthy and my last cold didn't turn into the usual nightmare sinus infection I always get! Now my brother is reading my book and I recommend to friends suffering with sinus problems. Exercising is possible for me now and is keeping me healthier. The fatigue is getting better now too. I think if you can do the herbs you will have even better results than me. This book has really helped me!

[Download to continue reading...](#)

Sinus Survival: The Holistic Medical Treatment for Allergies, Asthma, Bronchitis, Colds, and Sinusitis Sinus Survival: The Holistic Medical Treatment for Allergies, Colds, and Sinusitis Asthma: Treatment for beginners (2nd EDITION + BONUS CHAPTERS) - Diet, Cures and Natural Remedies to get rid of Asthma Naturally (Asthma Cure - Asthma Diet - Asthma Treatment - Asthma Tips Book 1) The Respiratory Solution: How to Use Natural Cures to Reverse Respiratory Ailments : Finally, Relief from Asthma, Bronchitis, Mold, Sinus Attacks, Allergies, Sore Throats, cold The Aromatherapy Bronchitis Treatment: Support the Respiratory System with Essential Oils and Holistic Medicine for COPD, Emphysema, Acute and Chronic Bronchitis Symptoms (The Secret Healer Book 6) Asthma Survival: The Holistic Medical Treatment Program for Asthma Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions Naturally Sinusitis Relief FAST: Top effective home remedies to instantly stop sinus infection: - A quick read and easy steps for headache relief & nasal treatment - Simple treatments guarantee The Edgar Cayce Remedies: A Practical, Holistic Approach to Arthritis, Gastric Disorder, Stress, Allergies, Colds, and Much More Natural Remedies For Colds And Flu: How To Boost Your Immune System, Protect Yourself Naturally and Prevent Colds and Influenza with Herbal Remedies and Easy Lifestyle Changes Allergies: Fight them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, ... Eat Right 4 Your Type Health Library) The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1) Sinus Secrets Revealed!: Real-world solutions to the problem of sinusitis. No More Allergies, Asthma or Sinus Infections: The Revolutionary Approach The Whole Family Guide to Natural Asthma Relief: Comph Drug Free solns for Treatment Prevention Asthma Allergies Homeopathic Remedies for Children: Natural Medicine for Coughs, Colds and Flu, Allergies and Other Common

Illnesses for Infants All You Need to know about Managing Asthma: The Best Ever Natural Treatments to help you get your life Back! (Asthma, allergies, exercise) SURVIVAL MEDICINE: Your Guide to Survival Basics, First Aid and the Most Common Medical Issues Encountered In Survival Situations (Survivalist, Safety, First Aid, Emergency, Survival Skills Book 1) Living a Healthy Life with Chronic Conditions: Self-Management of Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema and Other Physical and Mental Health Conditions

[Dmca](#)