

Sinus Health

Chronic sinusitis may be from what you are eating not breathing!

Our immune system has two allergy response pathways. The one we think about most is the immediate pathway. This is called the Immunoglobulin E allergy response and it takes about 30 to 40 minutes for these reactions to occur. “I ate a strawberry and 25 minutes later my nose started running.”

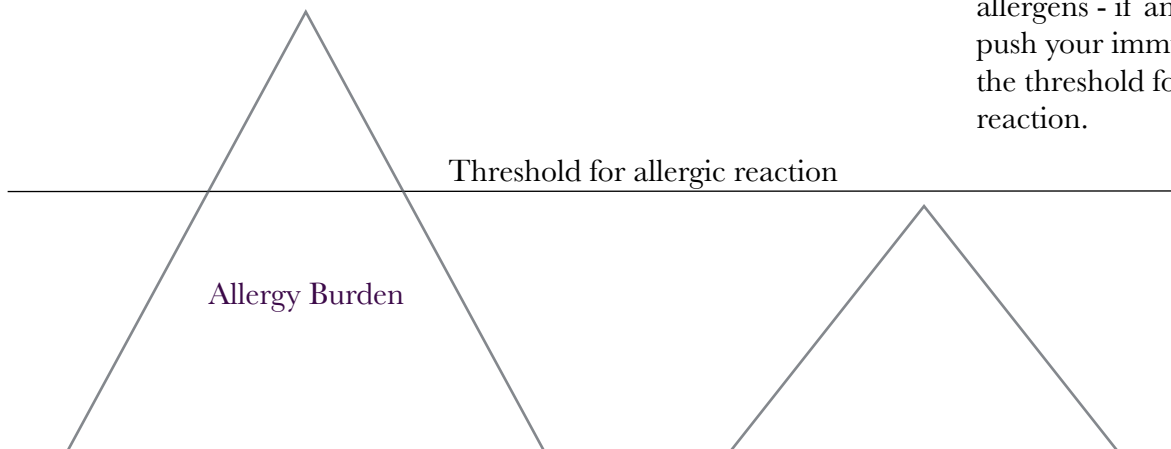


The second pathway is a delayed onset allergy reaction. This pathway system will respond to an allergic response 2 hours to 4 days later. And the allergic reaction will last for up to 3 weeks.

This continued day and night white blood cell activity will lead to chronic sinus inflammation that appears to have no real cause.

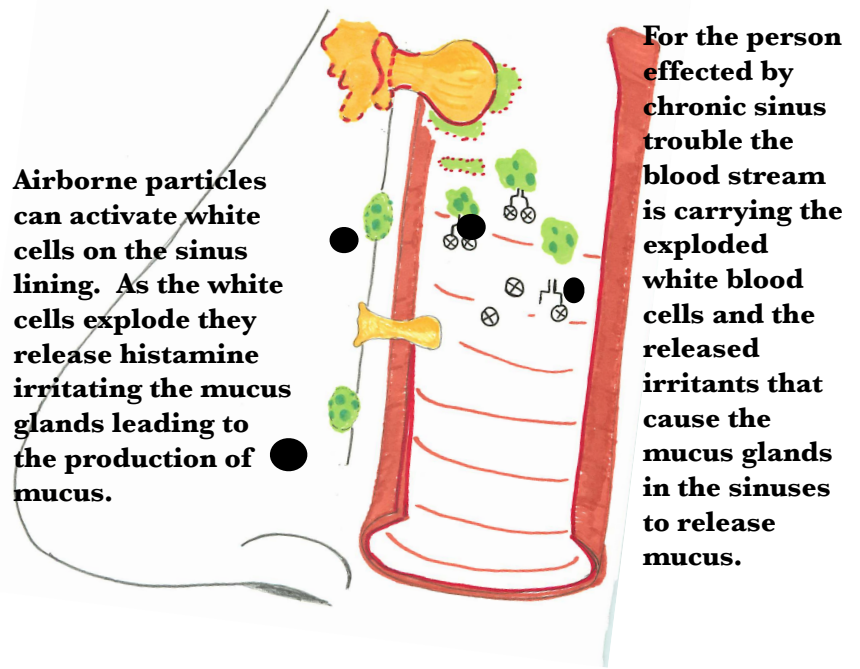
We want to diagnose and find what these hidden allergic reactions are to reduce the overall allergy burden.

The goal is to reduce the overall allergy burden so the airborne allergens - if any, no longer can push your immune system over the threshold for allergic reaction.



Airborne allergens are trapped by the mucus in our sinuses and when the animal dander, chemicals, molds, and pollens settle on top of the lining white blood cells called Mast cells are triggered to explode. Histamine is released triggering mucus glands to glands to produce enough mucus so we can sneeze and remove the irritant.

To the right the red drawing is a depiction of a blood vessel bringing nutrients to the sinus lining. Allergic reactions that are ingested cause the white cells to explode inside the blood stream. The inflammatory particles in these white cells, including histamine, irritate the mucus glands as the blood stream feeds the sinus lining.



The blood stream contains nutrients as well as irritants. The mucus glands become chronically irritated producing mucus for no known reason.

These delayed onset reactions will take place from two hours after eating or drinking all the way to three weeks later with the allergic reactions still continuing. We tend to eat the same foods on a regular basis and the allergic reaction can be a daily exposure making the sinuses very irritated.

Find out what can be done to diagnose a sinus or inner ear swelling from congestion build up. Our goal is to find the true cause by running the most accurate delayed onset allergy testing available. The delayed onset allergy testing by ELISA/ACT Biotechnologies® has the highest accuracy and is the most thorough in their testing. We will test 405 items: Foods, Chemicals, Preservatives, Molds, and Toxic Metals. The next step is an avoidance diet and detoxification and repair to allow your immune system and whole body to heal.