

# Sinusitis Home Remedies

**B**efore modern medicine was widely available to prevent sinusitis, people used various different natural remedies to help relieve symptoms and deal with the problems associated with the sinuses. Some of these old fashioned **sinusitis remedies** may still hold true when it comes to dealing with congestion and relieving pain and pressure.



## Natural Remedies

**Natural sinusitis** remedies may unsure an infection where antibiotics may be better option; but many people still recommend their effectiveness when it comes to the relief of symptoms. Some of the more popular remedies are detailed below:

The use of cayenne pepper has been considered a remedy for **sinusitis** before. People would stir a tsp. of the pepper into a cup of hot water, and drink three cups each day. Eucalyptus oil is also well known as a remedy for congestion and **blocked sinuses**. People would put a few drops of eucalyptus into a bowl of boiling water, then cover their head with a towel and inhale the steam for ten minutes or so. Salt mixed with water has been used as a nasal inhaler in times past, and was known to be an effective decongestant. Thyme was used in the past due to its antiseptic properties. A couple of teaspoons of thyme have been added to a cup of boiling water and left for ten minutes before drinking. This could be done three times per day.

Natural sinusitis remedies can be a powerful way to combat sinusitis, especially for those who are sensitive to medication; however, it should be noted that these are strictly remedies for the relief of symptoms. If you think you may have a more serious sinus infection, you should visit a doctor, as medication may be more suitable.

## Medication

With the move forward of science and modern medicine, there are now a number of treatments available to deal with sinusitis. Antibiotics may help to deal with an infection, although they are not able to help sinusitis that is caused by a virus or allergies. With regards to sinusitis cures, the medical world offers various other options which are designed to alleviate symptoms rather than fully **cure sinus** issues.

Your doctor may recommend a decongestant to help pay off the sinuses and reduce the pressure due to blocking up as well as blocking of the sinus passage. There are also a number of nasal sprays obtainable that provide the same effect and relieve the pain and stuffiness that give blocked sinuses.



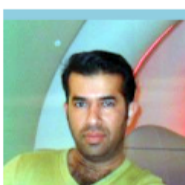
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## Other Remedies

One way that some people use to be able to counter the symptoms of sinusitis is to give themselves a facial massage. Some sufferers say that simply pressing the particular thumbs firmly against the sides of the nose and holding them for 25 mere seconds before repeating may temporarily clear the sinuses. This is because it delivers a fresh blood supply to the affected area. People have said that using a vaporizer during the night is a useful remedy for sinusitis. It will stop the air getting dried out at night and annoying the sinuses.

Natural sinusitis remedies can still be used in today's society, and in some cases can ease **sinus problems** without the need to resort to medicine.

For more information about organic **sinus remedies** and relief which will relieve sinus problems visit Remedies For Sinus Sufferers.



“ **Jorge Heath**

*Jorge is a content marketer at fphrw.org, a blog on health solutions. In the past, Jorge worked as a manager at a media web site. When he's not researching health articles, Jorge loves cycling and LARPing.*

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