



Common Respiratory Ailments

Part 2: The Best Offense is a Good Defense

By: Gary E. Foresman, MD

In our last article we discussed some of the best forms of prevention, but we all know that some time “stuff happens.” I’ll approach treatment from a pragmatic, decades of experience approach to these ailments. Almost nothing I am going to tell you to do is backed by scientific study, I just know from experience it works. All of the mentioned remedies to follow are best kept at home as part of a “medicine cabinet” as all illnesses are best treated within 48 hours of onset of symptoms. Hit hard and often with these treatments as soon as you recognize the symptom(s).

Sore Throats (Pharyngitis):

Almost always viral, but accompanied by high fever, swollen lymph nodes, and pussy tonsils (tonsillitis) – consider seeing a doctor for evaluation of possible Strep throat. Zinc lozenges – 23mg of zinc gluconate every 2 hours for the first two days and then decreasing to four times a day, usually for no more than a week. Accompany this with 1000mg of vitamin C every 2 hours – I prefer non-acidic C such as Emergen-C.

Sinusitis:

If you have chronic frontal headaches without gunky phlegm, you don’t have infectious sinusitis. If you primarily have sneezing and runny nose then this is probably allergies and this is also not sinusitis. If you have the onset of acute headache with green or yellow discharge and that burning sensation in the sinuses, you probably have an acute bacterial sinusitis. Immediately begin Planetary Herbals “Sinus Free” at 20 drops orally every 1 to 2 hours, also begin Xlear nasal spray, 2 puffs in each nostril every 1 to 2 hours. Symptoms should begin resolving within days, and treatment should continue for 2 days after symptoms. As someone who has suffered from acute sinusitis multiple times, this is the most reliable remedy I have found, and starting early is imperative.

Chronic Sinusitis Distinguishing between chronic sinusitis and recurring acute sinusitis can be difficult even for your doctor. Either way, fungal overgrowth in the sinuses is present 98-99% of the time. Chronic treatment with nasal washes once or twice per day utilizing a Neti pot, a pinch of sea salt and a dropper full of J’s Nose Drops per pot tones the sinuses and provides anti-fungal and anti-bacterial activity. When followed with an Ayurvedic essential oil remedy known as Super Nasya Oil, 3-5 drops in each nostril after each nasal lavage, provides further decongestant, anti-fungal and anti-bacterial activities. The majority of my patients, when they follow this routine, simply stop getting infections. However, some require regular daily dosing with the Sinus Free

and Xlear Nasal Spray as well as an amino acid known as N-Acetyl Cysteine to help thin the mucus for improved clearance.

Antibiotics serve only as a back-up plan when all else has failed. Trying elimination diets which serially eliminate sugars, dairy, and glutens are often necessary for adequate treatment.

Bronchitis:

AKA “The Chest Cold” often precipitated by the common cold, we all recognize that deep chesty cough which brings up the gunky phlegm. What works for this condition really depends on what is going around at the time, as there is no universally successful remedy. The best formula available includes Wellness Formula by Source Naturals at 3 tabs every 3 hours combined with 1000mg of vitamin C every 3 hours. If no help is seen within 48 hours, consider such traditional formulas as Yin Chiao and Full Spectrum Andrographis from Planetary Herbals. I know Airborne is very well advertised and very popular, but is actually a very middle-of-the-road formula, and many other remedies are quite superior. Of course, use whatever you have had success with in the past.

The most successful form of therapy I have ever seen for “knocking out” an acute infection is the intravenous immune drip. The tradition of using intravenous nutrition for fighting off infection dates back until at least the 1960’s. Protocols have been in place without the necessary science to distinguish which is the best. Either way, most of these drips involve around 25 grams of vitamin C, along with a myriad of supportive nutrients. They flat out work, and if you have a busy schedule and need to function, nothing really compares to an IV immune drip for rapidity of onset of action. The immune drip usually takes one hour to do, is given under the supervision of a registered nurse and formulated by physicians. If the first drip is given within 48 hours of onset of symptoms, usually only one is necessary, if a delay occurs, sometimes two drips may be necessary.

Live In The Now,
Gary E. Foresman, MD

Website: www.middlepathmedicine.com

E-mail: info@middlepathmedicine.com