

How to Treat Your Sinusitis Without Medications [Podcast 83]



Sinus infections with pain and pressure are all-too-common this time of the year. Please join Kathy and me as we reveal:

Why your sinus infection may not be an infection at all
What many doctors (even ENTs) may miss when treating sinusitis
How to treat your sinus symptoms without using antibiotics
How sinus pain may be linked to anxiety
Alternative ways of treating your sinus condition.

[Download mp3](#) | [Subscribe](#)

Shownotes:

[Heal Your Headache](#) by Dr. David Buchholz

[Sinus And Migraine Study](#)

[Sleep Interrupted](#): A physician reveals the #1 reason why so many of us are sick and tired

[Reflux and chronic sinusitis](#)

[OSA and reflux](#)

[CPAP reduces reflux](#)

[Pepsin in middle ear](#)

[Pepsin and H. pylori](#) in maxillary sinus

[Pepsin and lungs](#)

[Macrolide antibiotics and anti-inflammatory properties](#)

[Biaxin and chronic sinusitis in Japanese study](#)

[DISE in AHI < 5 study](#)

[Anxiety podcast](#)

[Why Zebras Don't Get Ulcers](#) by Dr. Robert Sapolsky

[Unstuff your stuffy nose free report](#)

[Acupuncture studies](#)

[Myofunctional therapy studies](#)

[Janet Bennet of ijustwanttosleep.com](#)

The post [How to Treat Your Sinusitis Without Medications \[Podcast 83\]](#) appeared first on [Doctor Steven Y. Park, MD | New York, NY | Integrative Solutions for Obstructive Sleep Apnea, Upper Airway Resistance Syndrome, and Snoring.](#)

Read more: feedproxy.google.com