Chronic Sinus Congestion Protocol

Diet

- Eliminate gluten
- Eliminate dairy (grass-fed butter/ghee if tolerated)
- Eliminate or greatly reduce refined sugar, grains, including rice
- Avoid corn (trial for 4–6 weeks)
- Avoid seed oils, such as canola, safflower oil (very inflammatory)
- Stay well hydrated
- Anti-inflammatory whole-food diet

Daily Sinus Care

Morning or evening (can do daily or a few times per week)

- Xlear® xylitol nasal spray- use several times per day, esp after being outside
- Nebulize sterile saline
- Wait 5–10 minutes
- Naväge with sterile/distilled water
- Gentle sinus massage/acupressure

Gut Support

- MegaSporeBiotic®- supports "soil" of gut so good guys grow
- Akkermansia- supports healing gut lining
- Digestive enzymes with meals- Thorne advanced digestive enzymes

Environment

- HEPA air purifier in bedroom
- Humidifier (maintain ~40–50% humidity, get guage)
- Cooling towel or cold pack over forehead/cheeks during heat waves
- Change HVAC filters regularly
- Wash bedding weekly
- Diffuse Briotech concentrate but may need to dilute a little

Lifestyle

- Prioritize quality sleep
- Regular exercise
- Stress management
- Nasal breathing whenever possible

Supplements to Consider

- **NAC (N-acetylcysteine):** Helps thin thick, sticky mucus so it drains more easily and supports the body's natural antioxidant defenses. 600 then 600 2x per day if tolerated.
- Omega-3 fish oil- 1-2 TB per day
- Vitamin D3/K2- 2000-4000, get blood test
- Quercetin (if allergies contribute)

Oral Microbiome Protocol (affects sinuses, overall immune system)

Daily Oral Care

- Floss daily
- Brush teeth twice daily
- Brush or scrape tongue daily

Oil Pulling

- Oil pull with coconut oil, Ayurvedic oil, or ozonated oil
- Ideally every morning (or as close to daily as possible)
- Swish for 5–15 minutes, then spit into the trash (not the sink)

Mouth Rinses

- Warm saltwater rinse 1–2 times daily
- Rinse after meals when brushing isn't possible

Lifestyle

- Reduce sugar and processed carbohydrates
- Stay well hydrated
- Regular dental cleanings and exams