



Nasal polyps

**frequently a symptom of an unrecognised allergy
to cow's milk and hen's eggs**

by practitioner Wolfgang Podmirseg

In June 2001, a young man consulted me with a long history of suffering that had afflicted him for more than three years – a combination of incorrect treatment and being pushed around from one specialist medical institution to another. The story began in 1997, when he had difficulty in breathing through his nose, and this got steadily worse, until in the end, he could only breathe through his mouth. In one hospital, nasal polyps were diagnosed and subsequently removed surgically. The man is a cabinet maker by trade, and therefore, an allergy to dust or house dust seemed possible.

The appropriate tests were carried out, but showed nothing. Therefore, the diagnosis „allergy to house dust“ was settled on. Six months later, the polyps had re-grown to their former size; however, the man refused a further operation and treatment with antihistamines and cortisone. Instead, he sought help from a homeopath. The homeopath did not question the incorrect diagnosis, and prescribed a whole range of homeopathic remedies, which swallowed up a lot of money over the next three years but brought no relief. On the contrary: the man's condition continued to worsen and the polyps became even more swollen. A new date for an operation had already been set, but the patient cancelled it, as there were no certain prospects of long-term improvement or healing. In his final despair he sought alternative help.

The patient described his symptoms as follows: „Since the operation, I cannot breathe through my nose by day or night; the mucous membranes

in my nose and throat are dry; my eyes do not water; there is no swelling of the mucous membranes; in the mornings after I get up, there is pressure in my head for about half an hour and slight dragging pain towards the forehead and nose; I have sneezing fits for about 5 minutes, which produce some mucus and then water of a yellowish colour. All the symptoms disappear after about half an hour, and during the day, I have the sensation of having a slight cold.“

When I heard these facts, I had strong doubts about the diagnosis because the facts simply did not fit a house dust allergy. None of the symptoms had arisen until after the polyp operation. Before that time, he claimed, he had no symptoms or ailments.

In people with nasal and sinus allergies, the problem is mostly caused by intolerance of cow's milk and hens' eggs, which was again finally confirmed in this case. A survey of the patient's usual diet supported this theory. This type of allergy cannot be shown by a laboratory test; instead it rests solely on practical experience. In such cases, the precise anamnesis and survey is essential.

Treatment

The following treatment plan was put into practice:

- Diet according to Dr Werthmann, excluding cow's milk and hens' eggs
- Thorough deacidification of the metabolism with ALKALAN powder
- Intestinal cleansing
- Nasal douche consisting of NOTAKEHL 5X drops, Mucosa

- comp. Heel ampoules, FORMASAN ampoules, Psorinoheel ampoules, Apis S Injeel Heel ampoules, Natr. Chlor. phys.: 20 drops twice daily in each nostril
- For one week (Monday to Friday) EXMYKEHL 3X suppositories, 2 daily (1 suppository in the morning and in the evening), then on Saturday and Sunday 1 tablet of MUCOKEHL 5X in the morning and 1 tablet of NIGERSAN 5X in the evening, followed by
- 1 tablet of MUCOKEHL 5X in the morning and 1 tablet of NIGERSAN 5X in the evening from Monday to Friday; on Saturday and Sunday one EXMYKEHL 3X suppository in the morning and in the evening
- SANUKEHL Myc 6X drops and SANUKEHL Coli 6X drops: 10 drops once a day, alternating
- FORMASAN drops: 10 drops by mouth twice a day
- CITROKEHL drops: 10 drops 3 times a day
- LATENSIN 4X capsules: 1 a week.

The treatment began in July 2001. Four weeks later there had been no improvement, and during this time, the patient needed a lot of encouragement and motivation to keep to the discipline. The first signs of a minor success came towards the end of August. The man reported that after the douche, he had for the first time felt a little of the liquid remedies running down his throat. This had not been the case for a long time. The conclusion was that the blockage would gradually open up from the back. In September, the patient was able to breathe freely through



his nose for a few hours each day, although not yet at night. In October he had three common cold infections one immediately after another, each time with a runny nose but no bronchitis. Nothing was done about these colds, since during this time, a lot of old mucus that had built up was released: this was a great relief and of great benefit to him. He reported that his head „felt at least 10 kg lighter“ and the pressure had disappeared. His eyes too were free of pressure, it seemed as if his morning headaches had been blown away and he had no more sensation of wanting to sneeze or sniff. In the middle of November, there was a sudden enormous improvement in his symptoms. From this time onward, he was again able to breathe freely through his nose by day and by night, and the whole range of symptoms disappeared.

The last ENT examination was carried out in December 2002, and to his great astonishment the doctor could not find any polyps. When the patient told that his problems had been treated very successfully with biological medicine and naturopathy the doctor commented, „That can't be so, that's impossible.“ But everyone can form his own judgement on that remark.

Final remarks

Regarding this clinical picture, which often occurs particularly in children, we ought to consider that something must be wrong with our degenerate modern diet.

Unfortunately, traditional medicine does not seem to take such phenomena into consideration. It is a well-known fact that when polyps are operated on, they often re-grow,

and therefore, the operation merely eliminates a symptom, not the cause. Reaching too quickly for the scalpel is not the solution. It would be better to pay more attention to the cause. This would serve the patient's wellbeing and greatly contribute to a reduction in frustration among therapists.

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