



Naturopathic Treatment of Chronic Sinusitis

Case Histories from Practice

by Gisela Hanschen, Naturopath



In this article, Mrs. Gisela Hanschen, a naturopath from Berlin, brings together several reports on her successful treatment of patients who were suffering from chronic sinusitis. (Ed.)

All the patients whose cases are presented here, were women who had been suffering from chronic sinusitis for a long time - from 5 months to 20 years. The principal symptoms are the chronically obstructed nose making it particularly hard to breathe, partial loss of the sense of smell, or a persistent and annoying runny nose. In one patient, there was eczema on the face and back, so severe that the lady, who held a prestigious position in her profession, had to resort to make-up and cortisone creams before she was able to appear in public. For a while, she was unable to carry out her professional duties because of severe facial swelling. Some of the patients had already undergone surgery to the nasal mucosa, having had polyps removed and the mucosa cleansed. Moreover, orthodox physicians had prescribed cortisone, in some cases over a lengthy period of time, either orally or in topical applications.

In my practice, the „normal“ case-taking is supplemented with pulse diagnosis, constitutional and meridian analysis, ayurvedic and other examinations. Particular attention is also paid to assessment of the iris and state of the tongue. On the basis of all the information thus gathered, without exception, a high level of nervous stress was diagnosed, which might include an allergic state of 'red alert'. Other symptoms

encountered include tachycardia, extreme slimness of patients resulting from malabsorption and maldigestion, with changeable bowel habit and changeable stool consistency. Frequently, such patients complain of sleeplessness, on the one hand because of the difficulty in breathing through the nose and, on the other hand, because of liver and gallbladder burden.

In basically all of the cases, I observed a large degree of exhaustion in the patients, along with a high level of nervous tension and, at the same time, a tenseness in the abdominal organs or musculature, particularly also in the thoracic and lumbar spinal areas.

In attempting to establish when the first symptoms had appeared, in most cases, it turns out that the patients had had an attack of influenza or a cold, or sometimes even pneumonia, which are followed by sinusitis. The existing symptoms may be aggravated by a stressful situation, e.g. a loss or examination, inter alia.

On enquiring about eating habits, the answers I regularly receive indicate a completely „normal“ diet, with sausage, cheese, salads, pasta, various kinds of white bread, vegetables, sweets, and occasional glasses of red or white wine. In the evenings, fresh fruit and salads are the favourites. What is striking is how late the evening meal is often taken, because of a long working day, resulting in restlessness at night due to intestinal overload.

I always carry out a very careful examination of the oral cavity, looking

for heavy metal stress and infective foci. Should there still be amalgam fillings, I try to convince the patient of the risk posed by such a burden. Once the fillings have been carefully removed in an orderly fashion, I carry out a course of eliminative treatment with the patient, unless the dentist has already begun a heavy metal elimination.

This is how such a course of cleansing/elimination might look:

OKOUBASAN 2X drops, 3 drops once a day
USNEABASAN drops, 1 drop daily, or both remedies on alternating days
LUFFASAN 4X, ¼ tablet daily
Additionally, Synoveda Alkaline, ½ tsp or ALKALAN ½ measuring spoon, with plenty of water.

In all cases, I begin treatment by recommending a dietary adjustment, abstaining from any form of animal protein, but also vegetable protein (nuts, soya). To spell it out in black and white, this means a vegan diet, including a severely restricted intake of vegetable protein!

I get the patient to persist with this strict form of diet for at least three days, better for five days, and even better for seven days. I then allow the patient to take quite small quantities of some favourite animal protein, e.g. a teaspoonful of cheese. The patient must watch closely whether she then suffers an attack of sneezing, hot flushes, abdominal pain, etc. This very personal allergy test lets the patient find out very quickly which foods she should avoid in future. Experience has



shown that, even after such a short period of abstinence, patients exhibit clear signs of an improvement in their general state of health, and that, as soon as they resume eating some protein of which they have an intolerance, they suffer clear symptoms in the shape of sneezing attacks, runny nose, blocked nose, or skin changes, which may even include severe swellings and eczema. This self-testing strengthens the patient's motivation to keep off the protein she does not tolerate.

Depending on the patient's constitutional type I like to prescribe a thin soup for supper containing rice, pasta and vegetables, and generally speaking a lot of spelt. As well as this, each day the patient should eat small pieces of radish or white cabbage raw, because mustard oil glycosides have a particularly cleansing action on the gastro-intestinal tract. Where dysbiosis is present in the gut, they have a disinfectant action, whilst at the same time they mobilise the digestive juices. This very effectively takes the pressure off the liver/biliary system and improves the redox potential in the body's tissues.

In cases where a stool analysis has revealed a lack of Lactic acid bacteria and a high pH level combined with pancreatic weakness, I like to prescribe a pancreatic tea.

Pancreatic tea, as recommended by Dr. Kracke:

Crampweed (Anserini herba)	50.0
Agrimony (Agrimoniae herba)	50.0

Marigold (Calendulae flos)	20.0
Sanicle (Saniculae herba et radix)	10.0
Herb Robert (Geranii robertiani herba)	40.0
Yarrow flowers (Millefolii herba)	50.0
Walnut leaves (Juglandis folium)	20.0
Centaury (Centaurii herba)	10.0

To build up the atrophied intestinal mucosa, I prescribe the SANUM building-up treatment:

FORTAKEHL 5X, 2-5 drops morning and evening, preferably massaged in around the navel or orally over 10-14 days, depending on the patient's state of health and elicited symptoms; after this:

MUCOKEHL 5X drops, 2-5 drops massaged in around the navel in the morning, and NIGERSAN 5X drops, 2-5 drops massaged in around the navel in the evening or orally.

As a substitute for these, SANKOMBI 5X can be massaged in or taken orally, mornings and evenings in the same dosage.

Dr. Werthmann recommends a so-called „seesaw treatment“ using the preparations MUCOKEHL 5X and NIGERSAN 5X, or the combination remedy SANKOMBI 5X on weekdays, and for two days at the weekend FORTAKEHL 5X. On the Monday, once again begin with MUCOKEHL and NIGERSAN or SANKOMBI, then chan-

ging to FORTAKEHL on Saturday, and so on.

As an immune modulator, I use UTILIN capsules, getting the patient to take one a week from the third week of treatment. The first capsule can be halved, so that the contents are divided over two weeks.

In every case, the patient must initially be de-acidified, which can be done using ALKALAN or other alkaline preparations, e.g. I also prescribe Synoveda Alkaline. Both preparations are taken with a lot of warm water. At first, the patients describe the taste of the alkalis as bitter, salty, disgusting with a wide variety of taste experiences, and only gradually does the taste become neutral as the de-acidification proceeds.

In addition to the above prescription, in acute cases I often recommend treatment as follows:

Case 1

A cold had dragged on for over 20 years, depriving the patient of both smell and taste. She was at the end of her tether both physically and emotionally. For this acute situation I first prescribed

Kali bichromicum 6X, 2 tablets 3 times a day
Kali sulphuricum 6X, 2 tablets 3 times a day
Ayurvedic nasal reflex drops, to be taken up the nose, 1 drop 2-4 times a day
Avena sativa Synergion No. 168 Kattwiga, 15 drops both morning and evening
Hypophan N Kattwiga, 10 drops in the mornings.



Following the dietary adjustment and the first prescription, the symptoms had significantly improved. The results of a stool analysis were meanwhile to hand (showing too few Lactic acid bacteria, a high pH level, protein in the stool and a slight exocrine pancreatic insufficiency). On the basis of this I recommended (as well as the pancreatic tea) Unexym Mono 1-2 drops, and Bilisan Duo, 1 tablet with main meals. There was a marked improvement in the patient's condition under the SANUM and adjunctive treatments. Furthermore, I was able to correct the length of her legs (using Heilpraktiker Vorwald's method) and she treated herself to a course of ten lymph drainage treatments too. Four months later she was completely free of complaints, and was a happy woman.

Case 2

This patient's prominent symptoms were a severe spasm of the coronary vessels and abdominal organs, and a high level of nervous sensitivity. As the patient's financial resources were very limited, the following were prescribed for the acute situation alongside the dietary adjustment:

Chininum arsenicosum Synergon No.25, 2 tablets twice a day
Mag. phos 12X, 2 tablets 3 times a day
Kali bichromicum 6X, 2 tablets twice a day
Oxacant sedativ (from Klein), 5 drops in the mornings
Ayurvedic nasal reflex drops, to be taken up the nose, 1 drop 3-4 times a day

Thereafter, since the symptoms had already improved very nicely, but the terrain had in no way been cleansed, a SANUM eliminative course of treatment was carried out, according to the plan already described above. Then followed the SANUM building-up treatment, using FORTAKEHL, MUCOKEHL and NIGERSAN, with UTILIN capsules and, at the same time, Synoveda redox.

This patient experienced a few relapses, because from time to time, she would eat very unhealthily again, meaning that we had to extend the SANUM building-up treatment for the intestinal tract, and again and again we had to do an intensive detox. By the end of six months, the sinusitis and the allergic predisposition had completely disappeared. Again and again, the patient had provoked an aggravation by falling back into her old eating habits.

Case 3

Apart from the sinusitis, this patient exhibited a severe cramping of all the abdominal organs, especially the left kidney and the pancreas, with according symptoms in the spinal area. She was also tormented by severe eczema on her back and her face. I prescribed the elimination treatment with OKOUBASAN, USNEABASAN and LUFFASAN, as described above, and additionally in the mornings SELENOKEHL 4X, 10 drops, and in the evenings ZINKOKEHL 3X, 10 drops. Beside these, I also recommended black caraway oil and MA347, an ayurvedic remedy for hormonal disorders, because only by currently taking the Pill, she had

a regular cycle. She was massaging the FORTAKEHL 5X drops into her face locally, thus achieving a good improvement in her facial problem. In this case too, her bowels were systematically built up using FORTAKEHL, MUCOKEHL and NIGERSAN, and in the end, this brought about a successful healing. The patient herself noticed how important it was for her to eat consciously, avoiding animal proteins.

Case 4

As well as the sinusitis, this patient was suffering severely from malabsorption, which brought with it an elevated susceptibility to infections, and particularly to herpes viruses. She was very chilly and markedly exhausted. Before an amalgam cleansing was carried out, I prescribed:

Badiaga Synergon 157
Chininum Synergon 25
Spartiol
SANUVIS
ZINKOKEHL 3X
Ayurvedic nose drops

After taking what had been prescribed, keeping to the diet and having the amalgam removed, the lady was already considerably better. The SANUM elimination treatment, using OKOUBASAN etc., was then carried out, and at the same time, she was de-acidified with ALKALAN (mornings and evenings on an empty stomach ½ a small measuring spoon of powder in a large glass of hot water). As well as this, I recommended her to mix 1 tablespoonful of sesame oil with 1 drop of cedarwood oil for a daily morning „oil slurp“, the mixture



being held in the mouth for 5-10 minutes and then spat out.

The patient went through a few healing crises, a lot of old toxins coming out in each case in the shape of heavy colds and discharges of pus from nose, eyes and ears. Then, the final healing set in.

To summarise, it may be said that in every case special attention must be

paid to the patient's eating habits, and particularly to protein consumption. Then a cleansing and de-acidification of the tissues should be undertaken. Building up and activating the intestinal flora, using the SANUM remedies, and mineral and trace element supplementation, whilst modulating the immune system with UTILIN - all this results in a successful healing within a short space of time.

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