

# Sinusitis Home Remedies

**B**efore modern medicine was widely available to prevent sinusitis, people used various different natural remedies to help relieve symptoms and deal with the problems associated with the sinuses. Some of these old fashioned *sinusitis remedies* may still hold true when it comes to dealing with congestion and relieving pain and pressure.



## Natural Remedies

**Natural sinusitis** remedies may unsure an infection where antibiotics may be the better option; but many people still recommend their performance when it comes to the relief of symptoms. Some of the more popular remedies are detailed below:

*“ The use of cayenne pepper was regarded as a remedy for **sinusitis** before. People would stir a teaspoon of the pepper into a cup of hot water, and drink three cups each day. Eucalyptus oil is also well known as a remedy for congestion and **blocked sinuses**. People would put a few drops of eucalyptus into a bowl of boiling water, then include their head with a towel and inhale the steam for ten minutes or so. Salt mixed with water has been used as a nasal inhaler in times past, and has been known to be a highly effective decongestant. Thyme was used in the past due to its antiseptic properties. One or two teaspoons of thyme were added to a cup of boiling water and left for five minutes before drinking. This could be done three times per day.*

Natural sinusitis remedies can be a terrific way to combat sinusitis, especially for those people who are sensitive to medication; however, it should be noted that these are strictly remedies for the relief of symptoms. If you think you may have a more serious sinus infection, it is advisable to check out a doctor, as medication may be more suitable.

## Medication

With the move forward of science and modern medicine, there are now a number of treatments available to deal with sinusitis. Antibiotics will help to deal with an infection, although they are not able to help sinusitis that is the result of a virus or allergies. When it comes to sinusitis cures, the medical world offers various other options which are designed to ease symptoms instead of fully cure **sinus problems**.

Your doctor may recommend a decongestant to help pay off the sinuses and reduce the pressure brought on by mucking up up and blocking of the sinus passage. There are also a number of nasal sprays available that provide the same effect as well as reducing the pain and stuffiness that accompany blocked sinuses.



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## Other Remedies

One way that some people use to be able to counter the symptoms of sinusitis will be to give themselves a facial massage. Some sufferers say that simply pressing the actual thumbs firmly against the sides of the nose and holding them for 30 seconds before repeating can temporarily clear the sinuses. This is because it brings a fresh blood supply to the affected area. Other people have said that using a vaporizer during the night is a useful remedy for sinusitis. It will stop the air getting dry through the night and irritating the sinuses.

Natural sinusitis remedies can still be used in the current society, and perhaps can ease sinus problems without the need to resort to medicine.

For more information about **natural sinus remedies** and relief which will relieve sinus problems visit Remedies For Sinus Sufferers.

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