


**SHORT GUIDE ON
HOW TO CLEAN
YOUR SINUSES &
BALANCE
ADRENALS**

by www.h-boss.com



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**"I do not know why
but I often get flu and
antibiotics do not
work anymore. My
doctor gives me
corticosteroids, but I
think they hurt my
thyroid. Please help
me! How can I feel
better?! "**

We often hear this! 😞

Most of the time corticosteroids are given to treat inflammation, but then it really hurts patients with thyroid diseases.

As if being sick was enough, then the headache & fatigue add up... These can bring you to physical and mental exhaustion!

But do not give up! You are not a lost cause!

There is a solution for that!

Stay
Positive

In fact, it was not until we started to dig down and heal sinuses that clients finally had their symptoms **DISAPPEARED!** ☐☐☐

They finally started to wake up with more energy and ready to start the day.

No more headache.

No more cravings or hunger.

No more guilt for not being present & being confined to the bed all time .

What worked for them can also work for you...

How?

Top Foods & Beverages for Sinus Infections:

- Water — Adequate hydration is the key to flushing out the virus from your system. Try to drink at least 8 ounces every 2 hours.
- Hot Beverages & Manuka Honey.
- Horseradish — Anyone who has accidentally eaten too much horseradish has experienced its potent ability to clear nasal passages. Mix some horseradish with lemon to make it even more potent.
- Ginger — Make a ginger tea and add raw honey to aid in recovery.
- Garlic and onions — Both of these vegetables help boost immune function.
- Vitamin C rich foods & Supplement (1g daily) — Consuming foods high in vitamin C can boost the immune system and speed recovery from sinusitis.

What else:

- Oregano oil: take around 500 milligrams of oregano oil four times per day. For sinus infections, you can also add a few drops of oregano oil to a large bowl of recently boiled water. Cover your head with a towel creating a tent to keep the steam in, close your eyes and put your face over the pot (a safe distance from the hot water), and inhale the fragrant steam for a few minutes. This will help to clear the nasal passages and can be repeated several times a day.
- Garlic: 300 to 1,000 milligrams of garlic extract, or other formulations that are equal to two to five milligrams of allicin.

What else:

- Using a **neti pot** with a saline solution can also greatly improve sinus issues and clear the nasal passageways. This process is called “nasal irrigation.”
- Bio vapour rub to use before sleep

How to Support the Adrenals after corticosteroids :

Foods to add to your diet include:

- Coconut
- Olives
- Avocado and other healthy fats
- Cruciferous vegetables (cauliflower, broccoli, Brussels sprouts, etc.)
- Fatty fish (e.g., wild-caught salmon)
- Free-range chicken and turkey
- Bone broth
- Nuts, such as walnuts and almonds (previously soaked in water for 8h)
- Celtic or Himalayan sea salt
- Fermented foods rich in probiotics

How to Support the Adrenals after corticosteroids :

Supplements:

- Electrolytes boost pro 3 pills a day
- Ashwagandha 500mg
- Fish oil (EPA/DHA) 2g after a meal
- Magnesium citrate 300mg before bed
- Vitamin D3 & K2 (together with fish oil)
- Lavender & Rosemary oils to add in oils or cream for massage or in diffusers
- Avoid intermittent fasting
- Favor healthy fats
- Avoid many snacks, and if you have to snacks favor fat ones.
- Try Calm & Sleep (you can find it [here](#))