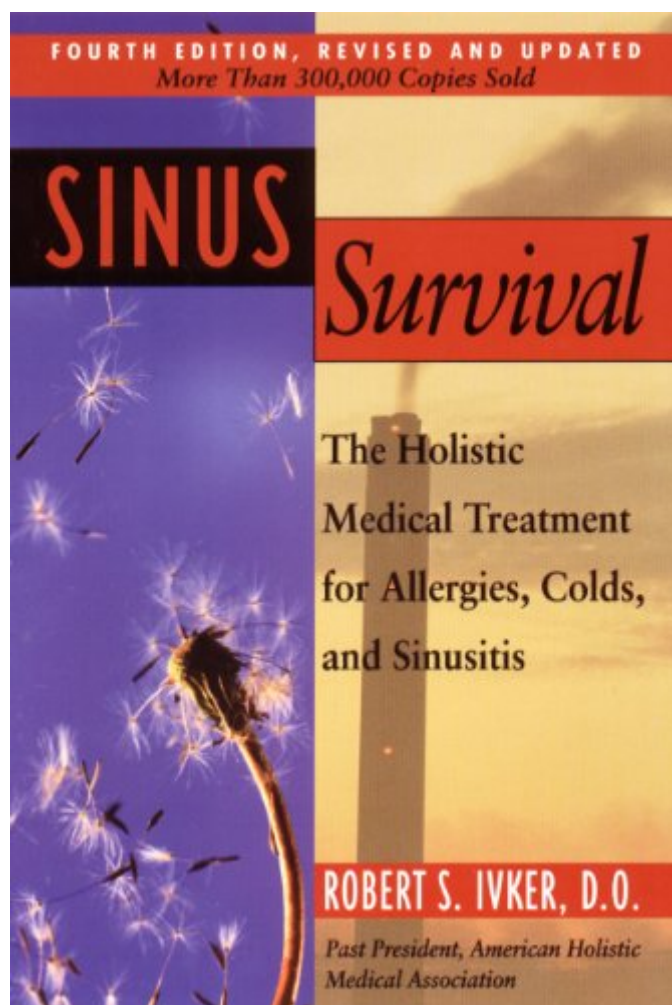


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# Sinus Survival: A Self-help Guide



## Synopsis

Sinus Survival provides crucial guidance and information on such topics as: - how to select over-the-counter drugs that won't do more harm than good; -how to learn simple exercises that can aid sinus drainage; and- how dietary and lifestyle changes can significantly relieve sinus and respiratory disease.

## Book Information

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## Customer Reviews

I was desperate. My doctor put me on flonase and recommended this book. I would say Dr Ivker is probably better in person but it frustrated me. He has some charts but how many things are on that chart!?!?!If you follow this chart you are either guessing which items he is recommending and hoping the amounts add up, (for example I assume most of them equal WellNess Formula and a few additions) or get them individually and spend the entire bank account. So I did learn a few things from him but basically what I learned was neti pots (which my D.O. already had me on) and take a ton of vitamins and herbs... It did not successfully help me find ONE solution. I ended up looking on his new store and the herb combinations he recommends end up the same - i have tried the nasal

spray - not helpful for me, the rest dont match his charts really at all. I was sad. i really wanted a solution to my allergic rhinitis and constant sinus infections.I have found other things - and yes, basic advise like rest and facing stress are totally helpful but not new.

This book is twelve years old. It has some good (yet overwhelming) information if you are a sinus sufferer, but much more up to date information is available for a cost on [...]. I picked out a few of the things recommended to help with sinuses and they do seem to be working, but if you do everything that it says in this book or on the site, you will be able to breathe out of your nose but you probably won't be able to pay your bills this month.

This book has literally changed my life. I have suffered from sinus issues for years, including surgery. The information in here is invaluable, especially regarding the use of supplements and herbal therapies that your regular ENT may not be familiar with. The only thing it leaves out is the beneficial properties of essential oils and aromatherapy. Do some research on oils like Eucalyptus, Tea Tree, Rosemary, Lavender, etc. Those have also really helped me out. Best of luck to you all. Sinusitis is really a horrible thing to deal with but reading this book will give you a better understanding & make you more confident when making treatment decisions regarding your condition.

The author does a good job explaining sinus infections and potential natural treatments. There is a certain marketing element to it, as he sells his own products through a website and this is mentioned throughout the book. However, I did get many of my questions answered and although it is still too early to tell for sure, I seem to be getting some relief by following some of his advice at the moment while in the middle of a sinus infection.

I followed the remedies in this book and they did help quite a bit. I have chronic and pervasive sinusitis, and everything I tried in here was spot on. This truly is a sinus survival book - it's my sinus bible for sure!

excellent book. Full of great advice. Very helpful.

Everyone who is desperate with sinus problems should buy this book. Dr. Ivker, himself a former sinus sufferer, outlines the actions needed to mitigate and frequently to rid oneself altogether of a

serious sinus condition. The detail and accuracy of the information presented are clearly a result of Dr. Ivker's many years of clinical experience in the field. I'm already seeing improvement and feel hopeful that the more aspects of his program that I incorporate, the more progress I will make.

This book covers many of the potential root causes of sinus problems and gives clear directions on what to do to possibly cure them.

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