HOW TO GET RID OF NASAL POLYPS

A guide to natural remedies for nasal polyp sufferers

GREG HERBERT
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by Greg Herbert

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Published By http://nasalpolypsremedy.org/.
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The following report is based on my personal experiences and the methods I personally use which may or may not be the best or most effective practice for your circumstances.

Oh and yes this report has some links to external products for which I may receive a very small commission if you purchase through them, but that helps to cover some of the costs associated with preparing this report and running the associated website here at: http://www.nasalpolypsremedy.org

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What Are Nasal Polyps?

Nasal polyps are small fleshy outgrowths that develop in the lining of the nose and sinus passages and affect around 4 percent of the population.

Known to be noncancerous, these growths are shaped like teardrops which form in the membrane lining of the sinuses or nose.

When they get mature or ripened; they tend to look like seedless peeled grapes and left untreated they can continue to grow and multiply making normal breathing almost impossible and block normal drainage of the sinuses.

What Are The Symptoms Of Nasal Polyps?

The signs and symptoms of the nasal polyps are just like the signs of acute rhinitis. While the little nasal polyps do not trigger visible symptoms, bigger polyps can block the nasal passages and cause difficulty with breathing.

While the signs and symptoms are really just like those of the common cold, you have the feeling that you cannot seem to shake this cold. Symptoms include the following:

- runny nose
- lost sense of smell
- frequent infections
- pressure in the sinuses
- headaches and migraines
- sinus infection
- snoring
- stuffiness in the nose
- inability to breathe effectively (inhale through the nose, exhale through the mouth).
- yellow/green coloured discharge
- foul taste in the back of your throat
Detecting Nasal Polyps

Once you start seeing signs and symptoms (runny nose, swelling around the eyes, swelling in the nostrils, problems breathing and post nasal drip), you should see a medical professional for a correct diagnosis.

There are a few methods medical professionals can use to diagnose if you have nasal polyps. These can include:

**Endoscopy**, or inserting an endoscope in the nostrils. An endoscope is a tube with a small camera at the end, and can record everything in the nose and is a sure way to see if you have nasal polyps.

**Computer Tomography Scan**, or CT Scan, can also be used to capture an xray like image of your sinuses to see if they are blocked with nasal polyps and other sinus infections.

What Causes Nasal Polyps?

Many times, the cause of nasal polyps is unknown; its formation is usually preceded by the development of sinusitis and or asthma.

It is estimated that almost a fraction of about one-third of patients suffering from asthma can develop nasal polyps while only about 2% of patients experiencing seasonal allergies who do not suffer from asthma can develop nasal polyps.

Some researchers have linked sinus infections (which is responsible for diminished drainage and tissue swelling) with the formation of nasal polyps also.
Other Factors Relating to Developing Nasal Polyps

**Poor Diet**

Do you know that what you eat can affect your nasal allergies? Yes, of course, it is possible. When poor diet such as foods that feed allergies is consumed, nasal polyps can develop.

Therefore, to improve your nasal allergy symptoms, it is recommended that you eat foods such as fish, yogurt, honey and warm fluids such as tea or chicken soup.

It also a good idea to limit the amount of processed foods consumed, fresh is always best.

**Environmental Factors**

Nasal polyps are also influenced by environment factors surrounding us. The nose serves as an interface between the air found within the environment and the air situated right in the lungs.

The environment is saturated with several agents that can cause chronic inflammation and allergies. They include mould spores, dust mites, pollen, animal dander, cockroach faeces as well as particulates like dirt and dust any of which can cause inflammation inside the nose and sinuses leading to the formation of nasal polyps.
**Asthma**

As a long-term respiratory condition, nasal polyps have often been associated with asthma. In this condition, there is a sudden narrowness of the airways that usually occurs unexpectedly in response to an allergen, emotional stress, exercise or cold air.

Some of its symptoms include chest tightness, shortness of breath, coughing and wheezing.

**Cystic Fibrosis**

This is a type of chronic disease that affects the balance of salt in the body. It leads to the abnormal production of thick mucus that can cause blockage of the intestines, bronchi and pancreatic ducts which can result in respiratory infection in most cases.

Cystic fibrosis is a hereditary disorder that majorly affects organs such as lungs, liver, intestines and pancreas.

**Allergic Rhinitis**

There are chances of developing further problems with allergic rhinitis. Drowsiness during the day, difficulty sleeping, problems concentrating and irritability are common symptoms associated with allergic rhinitis.

Asthmatic patients can experience more difficulty breathing if they have allergic rhinitis, while sinusitis, middle ear infections and nasal polyps are some inflammations that are commonly associated with this condition.

**Food Intolerance**

Nasal polyps are common symptoms of food intolerance. As a result of inflammation in the sinus cavity, food allergies can lead to post nasal drip, sinus pain, headache and a congested nose.
Although, nasal congestion from food allergies can lead to swollen and irritated sinuses it is, however, treatable.

Identifying the foods which create the imbalance can lead to an improvement in the severity of the nasal polyp condition.

**Continuing Sinus Infections**

Also referred to as sinusitis, it occurs when there are infected and inflamed sinuses in the nasal cavity. This is a common complication of rhinitis.

Naturally, mucus is produced by the sinuses which are drained into the nose through narrow channels, however, they can become infected once there is an inflammation or blockage which could be as a result of nasal polyps or rhinitis.

The constant infection and inflammation of the sinus cavities is a major cause in the formation of nasal polyps.

Try Sinuswars Now

**Typical Treatment For Nasal Polyps**

The common medical treatment for nasal polyps, depending on the severity of each individual case, is usually surgery for extreme cases, oral steroids and antibiotics or the application of cortisone spray.

However, recent findings from Athenian scientists have suggested that nasal polyps can be effectively cured when its allergen is avoided and when good practices such as elimination and removing chemical exposure are carried out.

In a situation where these chemicals and allergens cannot be avoided, it is recommended that the patient wears a protective mask that has good ventilation so as to prevent exposures to chemicals and dust. Here are some other effective ways of getting rid of nasal polyps.
How to Get Rid of Nasal Polyps Naturally

If you are trying to avoid surgery, using oral antibiotics and prednisone, nasal drops or steroid sprays, perhaps trying some of the many different home remedies can provide relief for your sinuses.

Some of these include:

**Saline Rinse**

The use of a clear salt solution (saline rinse) to clear the sinuses and the nose. This can be applied to clear the nose by reducing inflammation and drying up the mucus that block the nasal passageways.

By using a saline rinse to get your nose and sinuses cleared, the production of adiponectin which is a chemical produced in the body that is responsible for causing inflammation will be drastically reduced.

This remedy is observed by mixing a half tablespoon of common salt into a cup of hot water which is allowed to cool down to room temperature before it is put into a clean squeeze bottle or neti pot and applied into your nose to rinse your nasal passages.

**Steam Inhalation**

The nasal passages will open up in the nose and sinuses when steam is breathed through helping any thick mucus secretions that cause congestion to be thinned out.

There are a couple of ways this can be achieved.

Having a long extra hot shower while keeping the windows and doors closed to the bathroom will help to create a min steam room.
However, you can create your own steam inhalation setup by boiling a small pot of water and pour it into a large bowl.

With a towel over your head and neck, get your nose over the steam by putting your face over the water bowl. Ensure that no steam escapes by covering your head and the bowl with the towel while you take a deep breath through the nose. This process is continuous until the water cools down.

Bear in mind that this is boiling water and if you feel uncomfortable at any time you should stop. You need to try placing your head at different heights from the bowl until your are comfortable.

**Tea Tree Oil**

The use of tea tree oil for treating nasal congestion is highly effective because it shrinks the nasal polyps and also prevents them from making any future growth i.e. it stops them from growing back.

This treatment is highly effective because the oil contains antifungal, antibacterial, antiseptic, and anti-inflammatory properties which have the ability to combat infection, reduce nasal pain and swelling while decongesting the sinus cavities and nose.

The therapy is applied with the use of a cotton bud that is dipped into the tea tree oil and placed directly onto the polyps by inserting it into the nose.

Alternatively if the polyps aren't visible, try placing a few drops of Tea Tree Oil into a couple of cups of boiling water and with a towel over your head inhale the steam for as long as you can handle it, keep your eyes shut though as the tea tree oil can sting them a bit.

Do this twice a day and you should notice breathing becoming a bit easier.

Can't find Tea Tree Oil? [Grab it here now.](#)
Apple Cider Vinegar

If you are seeking for a way to naturally shrink nasal polyps, this therapy can also be very effective. All you need to do is to get 2-3 cups of boiling water and mix with a couple of tablespoons of apple cider vinegar in a bowl.

Just like the steam inhaling procedure, you cover your head and your neck with a towel and lean over the steaming water while covering the bowl with your towel to avoid the escape of steam, you then begin to inhale until it gets cool.

You can also effectively cure nasal polyps by mixing apple cider vinegar with some hot water and a bit of honey and sip the concoction while it is still hot.

Get your Apple Cider vinegar here.

Garlic and Chilli

The symptoms of nasal polyps can be greatly reduced by exploring the antibacterial and antifungal properties of garlic and chilli. You can use these two to make a nasal polyps home remedy for yourself.

When used raw, proper effectiveness can be achieved. A combination of garlic and chilli can trigger the release of mucus and remove nasal blockages and infections.
Garlic and chilli are some of the easiest foods to incorporate into your daily diet and can be eaten raw or cooked. Naturally raw is better and can be as simple as adding to a salad or on a sandwich.

Cooking with these is always easy and can be added to most cooked meals providing some fantastic additional flavours as well.

**Omega 3 and 6**

A treatment diet that is high in Omega-3 fatty acids and low in Omega-6 fatty acids can be used to treat nasal polyps and improve symptoms of asthma, pulmonary functions and other nasal symptoms in patients suffering from an aspirin-exacerbated respiratory disease (AERD).

The omega 3 fish oil is a vital remedy to use in treating polyps. It is essential in reducing any form of nasal inflammation while clearing nasal congestion.

Some of the best sources of Omega-3's are contained in salmon, sardines and mackerel while other foods rich in Omega 3 include flaxseed oil, walnut oil, chia seeds, walnuts, soybeans and spinach. More information on these and other foods can be found here.

Alternatively you can supplement your diet with fish oil or krill oil capsules found here: [Fish Oil](#), [Krill Oil](#).

**Change Of Diet**

What you eat can affect your nasal health and reduce nasal polyps. Eating a balanced diet is a good way of keeping your immune system healthy.
By ensuring that all of the essential nutrients are consumed in the right proportion, your body will begin to feel more healthy and the inflammation that causes nasal polyps will be reduced.

By eating a well balanced diet, free from the allergen causing foods and rich in nutrients. For an effective diet plan it is best to talk with your doctor or nutritionist to work out the best possible solution that is compatible with your circumstances.

There are quite a number of foods that can help to relieve your nasal polyps. Since allergy is the underlying cause of nasal polyps, you should be mindful of the kind of food you eat.

Changing your diet can help you achieve this feat. Avoid alcohol and take drinks such as honey in hot water, herbal teas, squeezed lemon and black or green tea.

As for effective foods, eat ginger, chillies, onions, garlic & horseradish, they will help to clear sinuses and reduce any further eruption of polyps.

**Humidifier/ Vapourizer**

Vaporizers act as humidifiers in converting water into a warm moistening mist to help in fighting harmful nasal inflammations and reduce the effects of dry air on the sinuses.

A key way to preventing viral and bacterial infections is by managing the delicate tissues located in your nasal membrane.
One good thing about using vaporizers is that, it allows you to add extra remedies that could be beneficial to you such as the apple cider vinegar and others which can offer soothing relief and strengthen your immune system.

Click here for the latest in [Humidifiers on Amazon](#).

**When All Else Fails**

**So this is generally how the process goes.**

1. You start to notice your nose becomes clogged and you seem to have a high build up of mucous. There is also a bit of a foul taste in your mouth and your breath smells a little bit.

2. You go off to your doctor and they have a look into your nose and find some inflammation and probably will send you off to an ENT specialist for further investigation.

3. ENT orders CT scan of your sinuses and finds that you have nasal polyps and will generally prescribe a steroid nasal spray to see how that goes.

4. You use the nasal spray for a limited time and notice a slight improvement in your condition only to find when you stop using the spray your symptoms return.

5. You go back to your doctor and realize that your condition has worsened and they decide to prescribe a course of antibiotics and prednisolone steroids. (Woohoo, almost immediately you can start to breathe again, and you feel on top of the world).

6. All good, nasal polyps seem to have disappeared and life is beginning to feel normal again, then Uh Oh. Starting to notice your nose blocking up again and after another week or two it almost seems worse than before. Back to the Doc's.

7. Doctor sends you back off to your ENT and tells you that you will most likely need to have an operation. Yep, ENT confirms the doctors prognosis and starts organising things for your big operation.

8. Now after around 12 months to 2 years of trying all the other medical options your big day has come and you are going into hospital for your op. Unfortunately this type of operation like most, does **have its risks** but these generally only affect an extremely small percentage of patients.
9. Ok, you've had the surgery and it was a text book operation and are now back home recovering. You will notice lot's of dark blood coloured discharge during the healing process but this is in most cases normal as your body expels the dead tissue and other remnants from the operation out of your nasal passages.

10. Two weeks have passed and you go back for a post-op check up and your surgeon is extremely happy with the results and you my friend are feeling around 80% back to normal. How good is this, finally got rid of these disgusting nasal polyps.

11. Now after 6 - 12 months of being polyp free, your nose is starting to feel a bit stuffy and you are noticing a bad taste in your mouth again. Uh oh, you go off to your doctor again and he informs you that your nasal polyps have returned to haunt you again.

Unfortunately most patients who have nasal polyp surgery will find that they return some time in the future in as little as a few months and up to 2 years. The chance of a recurrence is even more prevalent if you suffer from asthma as well.

So Where To From Here?

Well, it is a very personal choice as to what path you decide to take regarding your nasal polyps condition. For me I have tried just about everything and am going into have my 2nd lot of surgery in December 2015. (I will update in the new year).

In summary, trying to eliminate nasal polyps is not going to happen overnight but by monitoring what is actually the trigger will make it easier to figure out ways in which to treat them.

By identifying the symptoms which you suffer from, you will be able to quickly adjust your lifestyle to help relieve them before they get out of hand.
If you are prepared to make some major changes there is no doubt that you will see an improvement in your condition and hopefully avoid expensive and risky surgery.

Obviously this will not be applicable to 100% of patients and in severe cases surgery will be the only option (as in moiré). But hopefully after the surgery making some lifestyle changes will definitely help to keep the condition under control and manageable.

Now for a more detailed and informative guide, Nasal Polyps Treatment Miracle has a ton of information that isn't included here.

**Will it help?**

Most nasal polyp sufferers will get a benefit by following the steps throughout the guide but some won't. At $37 I highly recommend giving it a go to see what improvements you can get from it, and it is covered by a 60 day 100% money back guarantee. So you have nothing to lose, you might just avoid costly surgery.