



Sinus Relief

by CEDAR BEAR NATURELES®

Great Tasting 100% Alcohol-Free Liquid Herbal Products

Clears Chronic and Acute Sinus Congestion and Inflammation

Got that headachy, stuffy, sniffling, sneezy, just “can’t-quite-get-over-it” kind of feeling? It could be your sinuses. One of the most common chronic health problems in the United States is chronic and reoccurring sinus inflammation.

The sinuses are four cavity areas in the bones around the nose, cheeks, and eyes that help circulate air throughout the nasal passages and are lined with mucous membranes that are designed to warm and moisten incoming air and filter out germs and irritants. When the sinuses don’t drain properly, mucus accumulates, stagnates, and incubates those microorganisms and negatively influences health.

Sinus problems can begin with an acute health challenge like a cold, but when an acute condition seems to continue after 7-10 days, chances are that the continuing problem is being exacerbated by germs and irritants (viruses, bacteria, molds, and/or fungi) lodged in the sinus cavities. This is because the sinus membranes weren’t able to heal completely, causing the problem to become chronic.

Sinus problems can run the entire range from mildly unpleasant to painfully debilitating. Symptoms of chronic inflammation in the sinus cavities are pressure and pain around cheekbones and eyes, clogged nasal passages, thick, greenish-yellow nasal discharge, smell and taste diminishment, pounding pain, chronic pressure, sinus headaches, re-occurring problems with cold symptoms, post-nasal drip, general fatigue and malaise, poor immune function, and general head congestion.

Possible causes can be as varied as exposure to environmental allergens, irritants and pollution, tobacco smoke, respiratory infection, dental infections, food allergies and sensitivities, or a diet high in mucus forming foods, (such as dairy products, refined flours, chocolate, eggs, and fried and processed foods) and activities that cause pressure on sinuses (such as swimming, scuba diving, flying in planes). A common hidden cause of chronic sinus problems is mold and fungi in the sinus cavities, as well as systemic candida yeast imbalances.

To help reduce sinus problems, avoid mucus forming foods, sugar and fruit juices that feed yeast that is usually present in chronic sinusitis, and look for hidden food allergies as well as finding and eliminating other triggers in the environment.

Sinus Relief by Cedar Bear Naturales® is an effective herbal formula that reduces mucus congestion and quickly relieves sinus swelling, stimulates lymphatic drainage, and dries and clears mucous discharges while it enhances immune functions to strengthen the body’s defenses.

CONTAINS: Fenugreek seed, astragalus root, thyme leaf, schisandra berry, bayberry root bark, mBI™ Liquid Trace Minerals, and a special Aromaceutical™ Blend in a kosher certified vegetable glycerin/purified water TincTract® base.

NOTE: Work with physician if on thyroid medication. Not recommended for use during pregnancy.

SUGGESTED USE: 1/3–1/2 teaspoon (2–2.46 ml) 1 to 4 times a day, as needed.

MORE ABOUT THE HERBS IN THIS FORMULA:

- Fenugreek Seed (*Trigonella foenum-graecum*) Reduces respiratory/sinus inflammations, supports healthy mucus membranes, supports the liver and immune function. Also benefits healthy balance of blood sugars, insulin, and cholesterol.

- Astragalus Root (*Astragalus membranaceus*) Strengthens immune response and stimulates white blood cell production, interferon activity, and acts as an energy tonic.

- Thyme Leaf (*Thymus vulgaris*) A strongly antiseptic herb that works to cleanse the sinuses and respiratory tract, reduces coughs, liver cleanser, enhances immune action.

- Schisandra Berry (*Schisandra chinensis*) Nutritive tonic; helps increase the body’s resistance to infection, supports all organs, especially kidneys and skin. Calms nerves, reduces stress and anxiousness, aids sleep.

- Bayberry Root Bark (*Myrica cerifera*) Drying and astringent, clears lymphatic congestion and fevers. Supports the circulatory system.

- mBI™ is a proprietary, microfractionated liquid trace mineral made using the exclusive CBN™ Citritol™ process to enrich and assist important enzymatic processes essential to this formula.

- Aromaceutical™ Blend: A specially formulated essential oil blend that supports the antiseptic and immune strengthening action of the herbs in this formula.

WORKS WELL WITH THESE CBN™ PRODUCTS:

Candida/Yeast Away!™, Fever Buster™, Healing Mushrooms™, IFN Factor™, Mega Cold Plus™, Wonderful Wild Cherry™ for Wet Coughs, Throat•STAT!™ Essential Oil Blend, Ear•Aid™ Essential Oil Blend, Single TincTracts® of White Pine Bark, Wild Cherry Bark.

Item #610 2 oz, #385 4 oz

Children: #761 2 oz; #762 4 oz

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