



# **SinusWars®**

safe . natural . trusted

toll free 1-800-275-5795



## Nutritional Guide

**Find a healthier, newer you today...**

It is important to eat a variety of foods. This guide only lists a few as there are hundreds of variations for you to choose from. Please use this pamphlet as a guideline to help you choose the correct type of foods, thereby ensuring you maintain a healthy lifestyle.

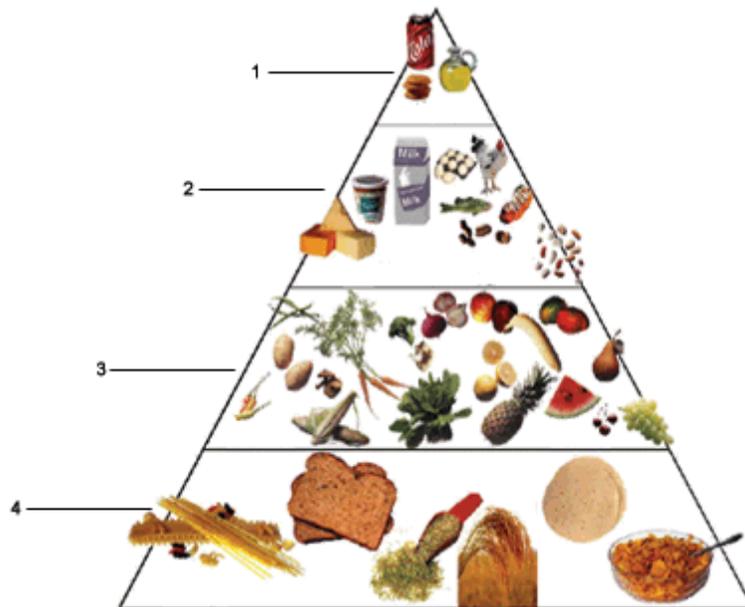
### Contents:

- 1) The food Pyramid
- 2) What does one serving consist of?
- 3) What does the amount I eat depended on?
- 4) Foods that help with Stress
- 5) A healthy diet plan
- 6) Useful massage techniques used to promoter drainage of blocked/trapped mucus.
- 7) SinusWars products that help treat sinus blockages or congestion.
- 8) Nutritious foods which help with certain ailments
  - a. Sinusitis
  - b. Menopause
  - c. Tinnitus
  - d. Arthritis
  - e. Diabetes
  - f. Cholesterol
  - g. Sore Throats
  - h. Bruising
  - i. Hay Fever
  - j. Ear infections
  - k. Coughs
  - l. Insect Stings and Bites
  - m. Meniere's Disease
  - n. Colds and Flu's
  - o. High Blood Pressure
- 9) SinusWars products that help with ear conditions
- 10) Tips for healthy eating
- 11) What do our satisfied customers say?

## 1) Food Pyramid

The food pyramid below shows the various nutrients and foods a healthy body needs for optimal functioning. Without these certain body structures would suffer resulting in a poor quality of life or even life threatening illnesses such as diabetes, cancer, obesity, heart disease or even osteoporosis.

### What Foods make up the Food Pyramid?



- 1) **Fats, Oils and Sweets** - These no-no foods do not have to be avoided. The trick however is to consume them in moderation. Choose foods high in polyunsaturated or monounsaturated fats as

the incidence of heart attacks and strokes. Limit butter, hard margarine and lard from foods.

- 2) **Dairy, meat, poultry, fish** - Natural cheeses and skimmed milk. Try substituting meats for tofu, Soya or lentils which are jam packed with protein. Remove all the fat from meat and skin from poultry. Avoid highly salted tinned and processed meats. Oils needed for the bodies joints and cartilages can be found in salmon, sardines, trout and herring. Fortified soy milk can be a valuable alternative to milk.
- 3) **Fruit and Vegetables** – Try eating dark, leafy green vegetables and colorful fruits as these are packed with the necessary nutrients your body needs, such as cabbage, spinach, broccoli, pumpkin, beetroot, strawberries, grapes, oranges and berries. Ones should always try to steam and bake their vegetables instead of frying them. This ensures that none of the essential nutrients are lost.
- 4) **Carbohydrates** – Pasta, rice, noodles, maize, bread, beans or pulses, oats or cornmeal provide the body with fiber, small amounts of calcium, vitamin B and iron. It is important to choose high fiber, unrefined breads, cereal and rice as the fiber traps toxins in the body effectively eliminating them and protecting your body from harmful disease such as colon cancer and diverticulitis (infected or inflamed colon pouches) which becomes more common as one ages. It is also essential for a healthy digestive system.

these are healthier for the heart and help prevent

**2) What does one serving consist of?**

Daily Serving (1cup = ±250 ml)	One Serving consists of:
(1) <b>Go easy</b> (1 table spoon of oil OR one table spoon of salad dressing OR one table spoon of mayonnaise = one serving)	Try to ration your fat intake to as little as possible per day. Especially foods containing saturated and trans fats
(2) <b>2 to 3 servings a day</b>	1 cup-low fat milk OR 1 cup-low fat yoghurt OR 1 medium eggs OR 2 ½ ounces of lean meat, poultry or fish OR 1 ½ ounces of cheese 
(3) <b>2 to 4 servings a day</b>  (Potatoes are starches and their intake should be limited)	¾ cup of pure fruit juice (no added sugar) OR 1 medium apple OR 1 medium banana OR 1 medium orange OR 1 cup raw, leafy vegetables OR ½ cup of solid vegetables (carrots, peas, pumpkin) 
(4) <b>6 to 11 servings a day</b> (20-30 grams of Fiber per day)	1 slice of brown/ whole wheat bread OR ½ cup of cooked cereal OR ½ cup of rice OR ½ cup of pasta OR ½ a bagel

**3) What does the amount I eat depended on?**

- Age – Younger adults and children need a larger amount as well as nutrient packed foods to thrive. As one ages however ones need for a larger amount of food decreases (the nutrient and vitamin level does not however decrease).
- A person’s daily activity –more active individuals require a larger amount of nutritious foods per day than less active individuals.
- Muscle Mass
- Special Needs such as pregnancy and dieting
- Gender – Males require a larger amount of nutrient packed foods than females.

**4) Foods and Tips to help with Stress:**

- ✓ Increase your vitamin B as well as folic acid intake. Foods rich in Vitamin B include bananas, avocados, dark/leafy green vegetables, fish and chicken. Try eating a low fat diet with foods rich in carbohydrates (potatoes and sweet potatoes, apples, beans, grapes, carrots, corn, bananas), proteins (white meats such as duck, chicken and turkey) and fish (salmon and pike).
- ✓ Ensure you eat nutritiously dense foods high in fiber, bioflavonoid and jam packed with panthenoic acid as this helps reduce stress and anxiety.
- ✓ Ensure you drink lots of water during the day (8 to 10 glasses) and exercise regularly.
- ✓ Aromatherapy is an ideal method which can be used to alleviate stress.
- ✓ Lemon Balm tea helps sooth and de-stress a frayed nervous system.

<a href="#">Positive ways of dealing with stress</a>	<a href="#">Negative ways of dealing with stress</a>
Listen to music, garden, practice deep breathing, meditation & relaxing exercises. Yoga can also be beneficial when dealing with stress.	Putting ones self down (criticizing), biting of finger nails & showing aggression to another person.

**Foods to Avoid**



- X Try to avoid too much salt in your diet and high fat meals such as junk foods.
- X Avoid caffeine containing foods and beverages, alcohol, sweets, pastries and refined flours.

***DID YOU KNOW, SINUSWARS HAS AN ALL NATURAL SINUS STRESS PRODUCT,***

***SINUSWARS15: SINUS STRESS REMEDY***

The constant bombardment of stress and its effects weakens the human body and makes it highly susceptible to chronic disease and infections. We therefore need to support the body and promote a homeostatic balance. SinusWars15 acts as an adaptogen (substances that help your body adapt to or cope with stress). The remedy contains ingredients that work on the nervous system, so that it can be used by anyone undergoing any form of stress from physical, emotional or mental stress. It is also useful in treat those who are recovering from any accident, disease or infection.



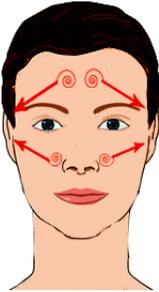
**5) A Healthy Diet Plan**

One choice from each column may be made for each eating period (breakfast lunch and dinner). Snacking may take place in-between meals however one should always try to keep this to a minimum. Try to ensure dinner is finished by 7:00-7:30 pm at night. Ones daily food intake should be as follows: 50% fruit and vegetables, 25% protein and 25 % grains and carbohydrates.

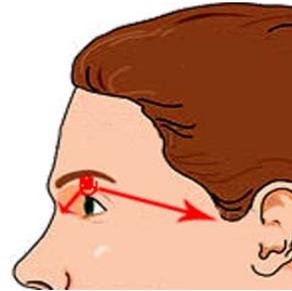
<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>In-Between snacks</u>
1 cup low fat yoghurt with one small bran muffin/ banana muffin/ carrot	1 medium fruit with a sandwich jam packed with onions, tomatoes cucumber and any veggies/fruits you prefer. Try to use lean meats or tuna fish. Avoid large amounts of mayonnaise.	2 ounces lean meat, chicken or poultry, ½ cup leafy vegetables OR 1 cup solid vegetables with ½ cup rice OR rice noodles OR polenta	Salad – no feta or salad dressing (minimal amount are however allowed)
½ bagel with low fat cheese and a fruit	Fresh fruit salad (no added sugar)	2 ounces fish with steamed vegetables	Fruits, seeds, dry fruit, nuts, dry fruit and seed bars.
1 cup yoghurt with ¼ cup muesli. A glass of low fat milk or calcium enriched Soya milk	½ bagel with low fat cheese topping and salmon	Pasta containing vegetables and meats. Ensure you use low fat milk and cheese in the sauce instead of cream. Garnish with herbs such as basil, coriander or thyme.	Low fat yoghurt
1 small bowl of high fiber, low fat cereal/wheatabix with one cup skimmed milk	Tinned soup like vegetable, chicken and pumpkin soup (watch out for high amounts of MSG and added salt)	Stir fried vegetables with chicken or beef. Use olive oil and season with fresh herbs such as basil or thyme.	Air popped pop corn as this is high in fiber
Whole wheat pancakes with honey. One boiled or poached egg with one slice of bread	Use a mixture of proteins (chicken, egg, tuna fish/tuna/salmon or cheese) in a salad with one brown bread or whole wheat roll.	Mild chicken, beef or fish curry	Ginger snaps
1 medium tomato (grilled) with 25g of bacon) + 1 slice of toast	A croissant with sun dried tomatoes, lean meats of your choice, lettuce, 1 spoon low fat mayonnaise, Onions, salt and pepper		Fruit smoothies, berry, melon etc. (no ice cream)
(add fruit to breakfasts instead of sugar)		Slices of lean meat (chicken, beef, pork or fish) together with potato salad using low fat mayonnaise, one egg and sprinkled with spring onions, oregano.	Flavored mineral water (still)



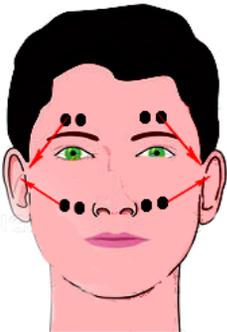
## 6) Useful Massage Techniques used to promote drainage of blocked/trapped mucus



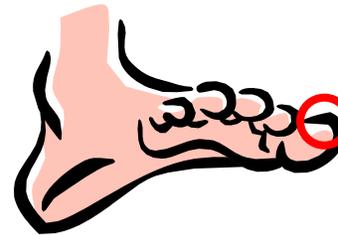
Start at the center of your forehead and massage in small circles towards the temple areas. Start massaging in small circles next to the nostrils and move outwards towards the ear.



Start by massaging in small circles below the middle of the eyebrow towards the temple area and then in the opposite direction towards the top inside of the nose (try to avoid massaging the eyeball).



To unblock thick mucus which does not drain, use your first two fingers and place pressure just above the center of the eyebrows. Slide your fingers (whilst maintaining constant pressure) toward your ears. Perform this technique also on the center of your nose, (holding the pressure constant) sliding towards the ears. (Repeat 3 times).



The tips of ones toes contain the pressure points for the sinuses and sinus induced headaches. Pressing firmly on these pressure points for several seconds and then releasing will help with sinus conditions as well as sinus induced headaches and pains.

**Acupressure:** Place pressure using your thumbs on either side of your head. The correct pressure point can be found lateral to your neck muscles at the base/bottom of your skull. Hold the pressure constant for 30 seconds and thereafter release. Repeat this process throughout the day or as needed.





For sinus conditions and congestion, using your right thumb and index finger, place pressure 1.5 inches from the start of your hand webbing located between the thumb and the index finger (please refer to picture). Place pressure on this point for  $\pm$  45 seconds whilst massaging the tissue underneath. Repeat this technique three times a day, alternating between hands. Please do not make use of this technique if pregnant or expecting.

More information on sinusitis massages may be found at <http://www.sinuswars.com/newsletters/Newsletter2.htm> (in newsletter 18)

### Essential oils

Congestion may be loosened and nasal passages opened by inhaling steam from hot water that is infused with the essential oils. Essential oils which may be used include eucalyptus oil, rosemary oil, peppermint oil or lavender oil (3 to 4 drops in hot water or placed on a small piece of material such as a handkerchief to be inhaled when needed).

- Rosemary and eucalyptus oils may be combined (2 drops of each) in hot water to help treat blocked or congested mucus.
- One may also promote drainage of trapped/blocked mucus by massaging the face and neck with rosemary and eucalyptus oil.
- A combination of thyme, chamomile and peppermint (in their dried forms) may be stewed in hot water and the vapors inhaled to open up trapped or blocked mucus and sinus cavities thereby promoting effective drainage of irritant mucus.
- Peppermint oil massaged into the temples should also help open blocked nasal passages.
- Having a relaxing bath with infused essential oils such as eucalyptus or peppermint is also a good sinusitis helper.

### Important points to remember when using essential oils

- If you have high blood pressure, pregnant or suffer from epilepsy please avoid using rosemary oil.
- Inhaling steam infused with essential oils is recommended for sinusitis sufferers.
- Asthmatics should not use inhalation therapy.

## [A Netti Pot](#)

A netti pot is a device used to promote the liquefying and drainage of trapped and blocked mucus. This device comes in the shape of a genie lamp and can also be used to remove any irritant causing particles in the membrane linings as well as help with the removal of infected or bacteria containing mucus.



When using a netti pot, one uses a saline solution (preservative free) and places it in the netti pot. The funnel end of the netti pot is then placed in one of the nostrils and the head tilted to the side, allowing the salt solution in the netti pot to flow into the one nostril and sinus cavities.

This solution will then naturally drain together with trapped mucus and foreign particles out of the other nostril.

## [7\) SinusWars products that help treat sinus blockages or congestion](#)

SinusWars have a number of wonderful, all natural products to help treat congestion effectively with long lasting results. These products include:

### **SINUSWARS4: SINUSITIS INFLAMMATION, HEADACHES AND EAR INFECTIONS REMEDY**

Suffering from sinusitis and inflammation usually results in facial pain and ear infections. SinusWars4 helps treat general sinus problems such as inflammation, fever and throbbing pain in the sinuses as well as pains in the ears, congestion, sneezing and a sore throat. SinusWars4 addresses the underlying inflammation that results in headaches, ear infections, throbbing pain and congestion. This natural remedy is an effective treatment, as it addresses the cause and not just the presenting symptoms therefore providing the sinus sufferer with long term relief from his/her sinus problems.

### **SINUSWARS7: BLOCKED NASAL PASSAGES AND INFLAMMATION REMEDY**

Many people suffer from sinusitis that results in drying up of mucus in the sinus cavity entrance causing congestion and pain. The mucus may also become thick and viscid and become blocked as it cannot drain. SinusWars7 stimulates the regeneration and re-hydration of the mucus membranes and promotes the movement of the cilia, which are responsible



for the flow of mucus.

SinusWars7 also causes dissolution of the thick, sticky mucus allowing the mucus to flow freely. The best part of SinusWars7 is that it works quickly without any side effects.

 **SINUSWARS9: GENERAL SINUS AND HEADACHE REMEDY**

Headaches and blocked nasal passages must surely be the most debilitating aspects of sinusitis. Headaches due to sinusitis can affect your normal daily routine. They can occur anytime and affect you at work, during sport or when socializing.

Blocked nasal passages impair the flow and drainage of mucus that collects in the sinus cavity causing pain, inflammation and infection. This product works by draining and emptying the sinus cavities thereby un-blocking nasal passages.

SinusWars9 causes the mucus to liquefy and drain easily. It promotes the drainage of trapped mucus and treats the headaches that accompany sinusitis. SinusWars9 is especially effective in treating sinusitis that has a green discharge and will also alleviate symptoms of pain and headache, as well as reduce the pressure in the sinus cavities

 **SINUSWARS14: GENERAL SINUSITIS REMEDY**

When one has many sinus symptoms that are not severe but cause tremendous discomfort SinusWars14 is the answer.

SinusWars14 deals with all aspects of sinusitis; it clears sinus congestion, treats sinus infections, post nasal drip, bad breath, promotes liver and general gastric functioning, stimulates the lymphatic system, aids in eliminating toxins, restores normal bowel functioning, helps reduce pressure and headaches and treats rhinitis.

*All the SinusWars products are made from 100%, all natural and fresh ingredients, meaning your body receives only the best when treating a sinus or related condition.*

## 8) Nutritious foods which help with certain ailments

The foods to avoid will vary from person to person. A good way to find out which foods cause your symptoms is to diarize your food intake and severity of illness.

### Sinusitis

#### Increase Intake

A Garlic supplement, Yarrow leaves, echinacea, onions, ephedra herbs and a multivitamin with Vitamin A +E. Decrease your intake of refined sugars - this provides the sinusitis causing bacteria with nutrition. Wasabi powder/sauce clears mucus and has anti-inflammatory powers. Eating the leaves of borage (or placed in salads) stimulates the body to produce its own cortisone.

A mixture of freshly squeezed lemon juice in hot water will help decrease mucus membrane secretions, i.e. mucus secretions. Chicken soup, fresh juice, honey/mint or ginger teas have also been found to be an effective with sinusitis.



#### Decrease Intake

Dairy products (cheese, milk, yogurt, butter), sweets, chocolates, yeast products, alcohol and soft drinks, allergen causing products such as shell fish and peanuts.

If you smoke, try decreasing the number of cigarettes you smoke daily whilst recovering from a sinus infection.

### Menopause

#### Increase intake

Vitamin-carrots, spinach, apricots, omega 3 fats found in fish, calcium, nuts, natural grains, increase fiber intake and bioflavonoid found in cherries, blue berries. Increase your water intake.

Try eating soy and tofu.

Many natural plants contain natural phyto-oestrogens which are beneficial during menopause. These herbal supplements include Don Quai, wild yam or Dioscorea. The Chaste Berry or Vitex agnus Castor and Red Clover.

A good multivitamin should contain Vitamin E, Vitamin C, Calcium/magnesium and Boron for strong bones and to delay the onset of brittle bones; flaxseed oils to ensure bone mobility and vitamin B complex are also advised.

**TIP:** eating 12 almonds per day helps give the body calcium as well as essential oils.



 Decrease Intake

Caffeine, chocolate, alcohol and refined carbohydrates, junk foods, food containing high amounts of refined sugars, smoking and salt

---

Tinnitus

 Increase Intake

Omega3 oils from salmon and flax seed oils, vitamin B12, increase water intake. Physical exercise is important for ridding the body of substances which could make tinnitus worse. Increase Magnesium and potassium phosphate intake. Ginko Biloba has also been found to have positive effects on tinnitus.

 Decrease Intake

Salt, simple sugars, caffeine, alcohol, chocolate, processed foods, tonic water and aspirin in high dosages. Certain other drugs such as quinine, aminoglycoside antibiotics and cytotoxic drugs may affect the levels or stimulate tinnitus symptoms.

---

Arthritis

 Increase Intake

Cleansing foods such as pineapple, oily fish, turmeric, ginger, sun flower seeds, raisins, honey, mangos, green tea, Vitamin C, E, copper, selenium, Zinc, omega3 and Omega6 oils

 Decrease Intake

Alcohol, tomatoes, Caffeine containing products, salt, refined sugars, egg plant

---

Diabetes

 Increase Intake

Lean meats- lamb, pork, beef. Organ meats- liver, kidney. All poultry de-skinned. Fish and seafood, plain yoghurt, plenty fruits and vegetables. Try increasing your intake of foods rich in Fiber (raspberries, broccoli, sweet corn, Brussels sprouts, apples, bananas, oranges, raisins, spaghetti, whole wheat, bran flakes, air popped popcorn, brown rice-cooked and whole wheat breads), nuts and fruits.

---

 Decrease Intake

Starchy vegetables – potatoes + parsnips. Sugary foods and artificial sweeteners, honey, beans, parsnips, carrots and peas. Try to avoid fruit juice. Stick to fresh fruit instead.



---

Cholesterol

 Increase Intake

Fruits and vegetables, legumes, oats (Quaker oats) whole grains, fiber rich products, barley, avocado, water, oat bran, dried beans, raw garlic, baked potatoes, olive oil and avocados.

 Decrease Intake

Animal products are high in cholesterol causing fats i.e. egg yolk, liver, chicken giblets, full cream milk, and poultry. Pastries, coconut oil, processed foods, nuts and crab.

---

Tips for other Common Ailments

Sore Throats:



 Increase Intake

Increase your amount of daily vitamin c to 1000 mg per day when you feel a sore throat or the start of a cold. Mix a few drops of freshly squeezed lemons with hot water and drink regularly. A teaspoon of natural honey may be added for sweetness.

 Decrease Intake

Avoid eating cold or chilly food items and beverages as they may make ones sore throat more intense.

Bruising:

 If you find you bruise easily apply slightly ground cabbage leaves in hot water to the bruised area as this will help dissipate

---

congestion caused by bleeding of the internal tissues

### HayFever:

 A combination of Vitamin c and garlic helps to make the mucus membranes lining the nasal passages and sinus cavities less sensitive thereby decreasing Hay Fever attacks and the severity of these attacks.



Eating honey directly from the hive or still part of a honey comb has been found to help desensitize ones immune system to pollen in the air.

### Ear Infections:

 For relief from the pain one experiences as a result of any infection affecting the ear, try placing a towel around a hot water bottle and applying this as a compress to the affected side of the face.



### Coughs:

#### Increase Intake

Drink plenty of fluids and increase ones garlic and onion intake. Teas such as lemon, basil, ginger and cinnamon can help soothe a horse throat as a result of constant coughing. Increase black pepper intake.

#### Decrease Intake

Dairy, white bread, sweets and sweet foods, junk foods, tobacco smoke. Avoid eating ice or iced products and cold drinks.

### Insect Stings and Bites:

 Honey is a wonderful topical application in treating burns and stings. It helps reduce swelling and alleviate pain. A mixture of parsley and lemon balm can be used as a poultice on insect bites and stings.

When being bitten by a tick, never apply nail polish, petroleum jelly or attempt to burn the tick off. If you suffer with allergies to insect stings and bites, avoid wearing any brightly colored or flower print clothes as these may attract unwanted insects and bugs.

### Meniere's Disease:

#### Increase Intake

Fresh fruits and whole grains.

- 🌿 Decrease Intake  
Salt, sugary foods and sweets, caffeine, alcohol, aspirin and tobacco smoke.

### Colds and Flu's:

- 🌿 Increase Intake  
Hot liquids and Grape fruits.

- 🌿 Decrease Intake  
Sugary foods and sweets, dairy products as these stimulate and increase mucus production, alcohol and foods containing a high fat content.

### High Blood Pressure:

- 🌿 Increase Intake  
Basil, parsley and onions, salads.

- 🌿 Decrease Intake  
Smoked meat, processed foods, canned foods and alcohol.

### 9) SinusWars products that help with Tinnitus and Ear Conditions include:

#### 🌿 **SINUSWARS16: TINNITUS REMEDY**

You are probably one of the billions of people around the world who is suffering from tinnitus. Unfortunately conventional or allopathic medication may have little or no effect on tinnitus. On exploring other methods of treatment, homeopathy was found to be a thoroughly effective way of treating tinnitus.

Our unique tinnitus remedy will help tinnitus sufferers reduce the noise by over 80%. With the optimum strength and dosage of each we have created a unique formula to address your complaint. SinusWars16 deals with intermittent tinnitus, reduced hearing and noise heard at different pitches.

 **SINUSWARS17: MENIERE'S DISEASE REMEDY**

Meniere's Disease is an extremely debilitating disease that affects one's social, personal and business life. Although this is such a common and annoying disease, little is understood about what causes it.

We found that homeopathy had so much to offer our patients as SinusWars17 addresses your inner ear and the affected nerves that cause vertigo, tinnitus and hearing loss of Meniere's disease. SinusWars LLC has refined this formula over the last ten years and is immensely satisfied, as we have come to help so many patients with Meniere's disease.

 **SINUSWARS18: HYPERACUSIS REMEDY**

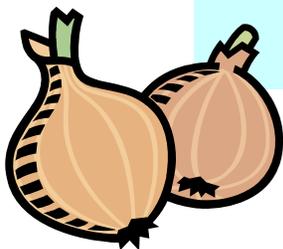
For many the world is a loud, noisy and unbearable place. How can anyone maintain a regular lifestyle when his or her world is engulfed in a noisy chaos? SinusWars18 was developed to help you live a healthy and fulfilling life.

SinusWars18 will treat loud noises, irritating headaches, painful sensitivity to loud sounds, sounds or noises that seem exaggerated and normal day-to-day sounds that seem abnormally loud. Join the thousands of ecstatic customers that have regained their freedom from Hyperacusis. SinusWars18 is 100% homeopathic and natural with no side effects!

 **SINUSWARS19: VERTIGO REMEDY**

Vertigo has become one of the most common complaints in practice, as a result of disturbances in the vestibular system, visual system and the somato-sensory systems. By analyzing all the symptoms associated with vertigo from several cases and the treatments that proved successful, we developed our own unique formula to treat vertigo.

SinusWars19 treats the feeling of unsteadiness, imbalance, spinning, lightheadedness, blurry vision, disorientation, poor equilibrium and severe dizziness. This formula has proven successful not only in treating vertigo but for motion sickness as well. SinusWars19 treats the underlying causes of vertigo to give you long term relief.



### 10) Tips for healthy eating

- Eating a healthy breakfast daily not only helps with physical and mental vitality, but also kick starts your metabolism and decreases ones desire to binge eat through out the day.
- Never turn down the opportunity to exercise. Even if it means a walk around the office. Try to do 30 minutes cardiovascular exercise at least 3-4 times a week.
- Try eating a variety of fruits and vegetables especially in-between meals as snacks.
- Do not rush eating. Enjoy every mouthful and do not force yourself to eat if you are full.
- One should always supplement their diets with a good multi-vitamin. This ensures your body gets everything it needs, allowing you to function at your best.
- One should always be conscious about the level of salt in ones diet as this increased blood pressure levels and can lead to hypertension.
- Always try to eat nutrient rich foods. By reading food labels one can identify food no-no's as well as ideal, healthy foods.
- Find way to make eating fun. Use a variety of different food, try something new or even spoil yourself by visiting a restaurant you've always wanted to try but never got around to.
- If dieting is on your to do list this year it is essential that you loose the weight in a healthy manner. This may be achieved by adjusting your eating habits to a low GI (a glycemic indicator is a rating of foods which raise blood sugar level after they are eaten, i.e. food high in simple sugars and carbohydrates), low fat diet with plenty of cardiovascular exercise. Dieting this way will help ensure that unwanted weight doesn't return.
- A healthy heart is essential to good living. This can be achieved by eating omega-3 rich foods or taking omega-3 supplements. This important oil helps lower triglycerides and ones blood pressure level as well as helps prevent the excessive build-up of plaque which may clog up your arteries.



11) What do our satisfied customers say?

*Surprised you answered so quickly. I have to tell you that I took one dose yesterday afternoon after it arrived. I was amazed how quickly I started to drain and clear. This morning, still with only the one dose in me, I am moving out bacteria infected mucus from my sinus. Amazing. I am a believer. Thanks*  
**A. Redd**

*First, let me say that in all my adult life of living with Hay Fever I have NEVER been able to get past the middle of September and all of October without cortisone shots and Hay Fever medications. And still there was not complete relief. Years ago I went to an allergy Doctor and took the allergy shots for a long time. That didn't do much either. This has been going on for about 30 years. I stumbled on to your website, can't remember how, but I ordered your Sinus Wars #1, after consulting with you, SW. I started SW#1 in the middle of September which I thought might be too late to make a difference. Well, I faithfully took the tiny white "sugar pills" morning and night. As a result I have not had to take one particle of Hay Fever meds or even go to my ENT Doctor this Fall '08. I and my family are amazed beyond belief! All the horrible itching, sneezing, watery eyes, congestion and a runny nose that just would NOT stop have not plagued me at all this season.*

*I wish I could truly express my appreciation in great detail but let me just say thank you from the bottom of my heart and my entire sinuses. Your product has made a grand difference in this Fall for me and I am able to enjoy it for once in a very long, long time.*

*With great sincerity and thanks,*  
**Deborah**

*Hi Ann-*

*Just wanted to say how pleased I am with your product! My nasal polyps and recurring sinus condition have been mitigated. I have a realistic outlook and understand that I will always have to deal with nasal polyps, but Sinus Wars 13 has truly made a difference in my life.*

*Thank you for your help*  
Regards-  
Scott (PA-US)

*Hello Fiona,  
My order arrived today - thanks for such fast shipping!  
thank you for the great service!*  
**Marianne (NJ - US)**

