Nasal Polyps Treatment Miracle™
The Natural Nasal Polyps Cure

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1. NASAL POLYPS – AN OVERVIEW

WHAT ARE NASAL POLYPS?

In simple terms, nasal polyps are benign growths that are found on the inner lining of the nasal cavity. They may be present near the nostril (and hence be visible from the outside) or they may be deep in the sinuses. In the latter case, the person may never realize they have nasal polyps and blame the symptoms on a recurrent cold or flu. Nasal polyps have a teardrop shape, are very soft, and are often described as jelly-like. They may be grey, yellow or pink in color. In medical terms, nasal polyps are classified as either antrochoanal polyp or ethmoidal polyps. Ethmoidal polyps arise mainly from the ethmoidal sinuses and are multiple and bilateral. Antrochoanal polyps are less common and usually arise from the maxillary sinuses. Unlike ethmoidal polyps, antrochoanal polyps are single and unilateral. As we shall see later, there are many factors that can trigger the growth of polyps, but in all cases, an inflammation of the nasal linings is involved. In cases where people have multiple polyps, it is called: “polyposis”.

Figure 1. Diagram of nasal polyps.
Figure 2. How a nasal polyp looks like.

**SYMPTOMS OF NASAL POLYPS:**

- Nasal congestion
- Anosmia (loss of sense of smell)
- Sinusitis
- Secondary infection which can lead to headaches
- Snoring may occur while sleeping
- Facial changes are not common, but can occur
- Nose bleeds
- Coryza (cold symptoms such as a runny nose)

As the symptoms of nasal polyps are similar in nature to a number of symptoms associated with colds and influenza, persons with small polyps that are not visible from the outside can mistake their condition with a 'cold or flu that never seems to get better'. If you have a persistent blocked or runny nose, you should get yourself checked for nasal polyps.

There are many factors that can trigger the growth of nasal polyps, however, in all cases an irritation and subsequent inflammation of the nasal passage is involved (as we shall see in the next chapter).
There are also a few illnesses that are known to increase the risk of nasal polyps formation:

- Asthma
- Chronic rhinosinusitis
- Aspirin intolerance
- Kartagener’s syndrome
- Young’s syndrome
- Churg-Strauss syndrome
- Nasal Mastocytosis
- Cystic fibrosis

MEDICAL & SURGICAL TREATMENTS FOR NASAL POLYPS:

If you ask a doctor about treatments for nasal polyps, most often you will be told that surgery is the recommended option. However, although surgery indeed removes the polyps completely, 70% of cases have a recurrence, meaning that within a few weeks you'll be back to where you started. Furthermore, there is a high risk of damaging orbit matter during nasal surgery as it requires great precision.

Your doctor may also prescribe drugs and steroids, but these have a number of side effects and limitations, as will be described in later chapters. A frequently prescribed pharmaceutical spray is mometasone furoate, which is often used for allergies.

If the polyps are bleeding, it is recommended that you go to a specialist, as it may represent an intranasal tumor. If you have no bleeding, you can successfully treat nasal polyps at home without resorting to drugs or surgery.
HOME REMEDIES AND PREVENTATIVE TREATMENTS:

These will be the main focus of this book, and will be covered in great detail in later chapters. Our main focus will be on ensuring that nasal polyps shrinkage is a permanent one, which is one limitation of conventional medicine. To do this, we will focus on keeping the inflammation down, and this will make the growth of the polyps virtually impossible. To shrink the nasal polyps in the first place, we will be using natural and herbal extracts, combined with a dietary and lifestyle change. For example:

- Dab castor oil onto your polyps daily using a warm, wet towel. This will reduce the size of nasal polyps as it warms up the nasal cavity.
- Mix a quarter of a teaspoon of citric acid and a quarter of a teaspoon of baking soda into warm water and swallow this between two and three times a day. This increases the alkalinity levels of your body and it will also increase oxygen intake, which has been shown to shrink polyp size.
- Selenium and zinc supplements have also been known to decrease the size of nasal polyps.
- Pulsatilla 30g; take 5 pills twice a day for about 10 days and then wait a week to see changes.
- Sanguinaria 30g; take 5 pills twice a day for 10 days and then wait about 20 days to see the changes.
- Mix warm water (about 240ml or 8 oz) with a small amount (a teaspoon more or less) of sodium chloride and sodium bicarbonate. This will help clear the sinuses and can also be used to prevent nasal polyps from.

In the event that you are an asthmatic, it is recommended that you stay away from medicines that contain aspirin, as it will aggravate your asthma and will make breathing difficult or cause general shortness of breath. If you are able to, it is best to stay in areas where there is as little pollution as possible. Allergens and outside irritants are the leading cause of polyps. If you had nasal polyps in the past and are afraid of re-occurrence, it is also a good idea to stay away from highly polluted areas.
People who have hay fever, asthma, suffer from sinus in general or even people who get headaches from allergens or outside irritants should take on preventive measures as these, especially those who are over 40, have a higher risk of developing nasal polyps than other people.

2. WHAT CAUSES NASAL POLYPS?

There are many factors that can trigger the growth of nasal polyps, and indeed, in many cases the exact trigger will not be known. However, in all cases, an irritation of the nasal passages is present. This irritation will cause an inflammation in this area, and if the inflammation is present for a sufficiently long time, fluid will build up in the inflamed cells. Eventually, gravity pulls these cells down, resulting in the characteristic tear-drop shaped growths, i.e. nasal polyps. You can therefore understand why shrinking the polyps with steroids or cutting them out with surgery is not a permanent solution: the inflammation is still there and the process of polyps growth will quickly re-occur. As we will discuss in later chapters, in order to ensure permanent relief from nasal polyps, you will need to ensure that the nasal passages are not irritated and that inflammation will not occur.

Now, let's mention a few of the common triggers of nasal polyps. Each of these triggers can irritate the nasal passages and subsequently, cause an inflammation (and polyps growth) in the area.

Inflammation can come about as a result of fungal, viral or bacterial infections. This highlights the importance of proper nasal hygiene. It is also important that if you have an infection, you treat it as soon as possible.

Irritation of the nasal passages is often due to allergic reactions. People are allergic to various allergens such as pollen and dust. Such reactions will irritate and inflame the nasal cavity and eventually cause polyps to occur. In fact, nasal polyps are more prevalent among asthmatics and people with chronic rhinitis.
There are also particular genes that you might inherit from your parents which actually make you more susceptible to developing the polyps. As with many conditions, nasal polyps appear to have a genetic component.

In certain instances, the growths are set off by problems associated with an impaired state of the nervous system. These problems tend to impede the ordinary flow of fluid via the mucus membrane or may make the mucus lining more labile to inflammation.

In addition, they may be due to an autoimmune reaction. Our immune system is responsible for defending our bodies against illness. However, it can happen that the immune system does the opposite of what it is supposed to do and start attacking the tissues of the mucus membrane. This normally results in inflammation.

It has also been observed that defects in nose shape, or injuries to the nose (especially those resulting in a skewed nose), increase the risk of developing nasal polyps.

**HEREDITY, THE ENVIRONMENT AND ALLERGIES**

As mentioned already, there are numerous factors that can trigger the growth of nasal polyps. These growths come in various sizes; from the small ones which do not produce any symptoms to the bigger ones which affect our breathing. The ordinary factors that are believed to be the cause of their development range from inflammation as a result of viruses and bacteria to asthma and other allergies.

However, there is a certain group of scientists in Greece who conducted a study which might have opened the door to further triggers. Some of these factors include chemicals in the workplace and certain environmental factors. These factors were shown to play a significant role when it comes to setting off nasal polyps. The research was conducted on 100 patients in 3 different hospitals. For each patient, there were various factors that were taken into account including: educational level, allergies, gender, family history and work activities to mention a few.
The results of the study showed that these growths can actually be inherited. On average, 13.3% of the participants had in fact inherited them. It was also found that the participants who suffered from polyps had a higher occurrence of allergies when compared to the ordinary person who did not have the growths. In fact, 64% of the participants had various allergies.

In another study carried out in Newcastle, UK it appeared that there was a link between smoking and nasal polyps, especially in men (in women this association was not clear).

CHEMICAL AND ENVIRONMENTAL FACTORS

There are certain people whose occupations force them to work in environments that are full of chemicals and dust. According to the study conducted, the dust and chemicals also set off the growth of nasal polyps. This proved to be the case among the participants who were studied. Being exposed to chemicals at your workplace can contribute to the development of polyps.

As expected, it was also found that your level of education did not contribute to the growth of polyps in any way. The research results also associated nasal polyps with allergies, something that has always been believed to be a major trigger of nasal polyps.

Looking in detail at the allergy triggers, there are various potential triggers of nasal polyps. One of them is Samter’s Triad. In simple terms, this is an aspirin allergy. What happens is that aspirin can actually block the passageway that is mainly responsible for the breaking down of a certain acid referred to as Arachidonic Acid (an acid that the body produces from omega 6 fatty acids - more on this later). When this happens, the other passageway will be overly used, leading to a situation whereby there is an increase of substances that are responsible for triggering the inflammation that is believed to be the major cause of the polyps.
Another potential cause is known as Allergic Fungal Sinutisis. When you have this ailment, it means that you are allergic to fungi. It is this fungus which is responsible for triggering chronic inflammation and ultimately nasal polyps. The growth of nasal polyps is also associated with cystic fibrosis. This is a disorder which is genetic and comes about as a result of chromosome mutation. It has been found out that people who suffer from cystic fibroses tend to have problems with nasal polyps.

The growth can also be set off by the Human Papilloma Virus. This is responsible for the development of a particular kind of nasal polyp commonly referred to as the inverted papilloma. This type of polyp normally develops on one side only. However, if left unattended to, it might trigger other problems as well. As far as fungal elements are concerned, they are also believed to trigger inflammation. These fungi are normally present in mucus and it is believed that their presence might have something to do with the development of nasal polyps.

Although the factors and triggers of nasal polyps are many, they all lead to irritation and subsequent inflammation of the nasal linings. Inflammation is required for nasal polyps growth to occur.
3. SYMPTOMS OF NASAL POLYPS AND ASSOCIATED PROBLEMS

Nasal polyps can best be described as tiny lumps which can develop in the nasal passages. These nodules have a number of symptoms and problems that are associated with them. They are known to cause ailments such as post nasal drip, breathing problems as well as sinus problems. Fortunately, they can be treated; especially when they are diagnosed early. That is why it is absolutely necessary to know the early warning signs.

There are so many people who suffer from nasal polyps, but they are not even aware of it. As such, these people are not getting the required treatment. Below are some of the early warning signs that you need to be aware of:

**Mouth breathing**

The growth of nasal polyps basically leads to the blockage of nasal passages. As a result, the affected person has no choice but to breathe through the mouth. Sometimes the mouth breathing can be the result of a cold. However, if it is chronic, chances are that the person has nasal polyps. Mouth breathing can cause snoring and difficulty sleeping.

**Runny nose**

If you are experiencing a constant runny nose, it could be a sign that you have nasal polyps. Sometimes a runny nose can be linked to other conditions, so it is necessary to see a doctor who can make the correct diagnosis. For instance, allergies are known to also be the cause of a runny nose. On the other hand, allergies are also associated with polyps. Allergies are mainly responsible for enlarging the already present polyps in the nasal passages.

**Continuous stuffiness**

Most people who suffer from nasal polyps often complain of continuous stuffiness. Unfortunately, most people do not even know that this stuffiness is a result of nasal polyps. The stuffiness comes about as a result of the obstruction of the airways due
to the development of nasal polyps. The stuffiness can be felt in one nostril or in both nostrils.

**Chronic sinus infections**

Chronic sinus infections are also associated with nasal polyps. However, in order to be absolutely certain, a visit to the doctor is recommended.

**Reduced sense of smell**

Nasal polyps are also known to trigger loss of smell. What the polyps do is that they obstruct the membranes which assist us with our sense of smell. They may also impair our sense of taste.

**Dull headaches**

Another indication that you might have a problem with nasal polyps is if you experience dull headaches on a regular basis. The headache comes about as a result of the pressure that is created by the growths in the nasal cavities. As such, the dull ache feels like a sinus headache.

**Snoring**

When it comes to snoring, it might be a bit tricky for someone to conclude that the snoring is a result of nasal polyps. However, in most cases where the snoring is regarded as chronic, then chances are that you are suffering from this condition.

It is important to note that when these growths are still very small, there will be no symptoms. Symptoms are normally observed when they grow larger. It is also necessary to mention that, most of the indications associated with nasal polyps are quite similar to allergy/colds/flu symptoms.
Apart from the early signs mentioned above, there are other symptoms that must be noted. These include:

- A post nasal drip which gives the feeling that there is some mucus flowing down at the back of your throat.
- Some people experience a change in their voices
- Because the openings of the sinus will be blocked, one might start to experience facial pain.
- Although this happens in very rare cases, at times, when the polyps are not attended to, they might begin to exert pressure on the nerves that are responsible for sending vision signals to the brain. As a result, the affected person might experience blurred vision on a frequent basis.

**ASSOCIATED PROBLEMS**

Nasal polyps are often associated with other conditions. Some of these conditions are mentioned below:

**Asthma**

According to statistics, on average, 30% of people who suffer from nasal polyps are asthmatic. Asthma is best defined as the inflammation of airways. Examples of symptoms associated with asthma include; wheezing, chest tightness, coughing and breathlessness.

**Sinusitis**

This condition comes about when the sinuses become inflamed as a result of factors such as infections and allergies. However, in most cases, this condition is caused by viral infections.

**Hay fever**

Hay fever is triggered by certain allergens such as dust and pollen.
Cystic fibrosis
This is a disorder that mainly affects the lungs, intestines, liver as well as pancreas. The main characteristic of this condition is the unusual transportation of sodium and calcium, the result of which is thick secretions.

Young syndrome
This is a rare ailment that consists of various syndromes. These syndromes include rhinosinusitis, bronchiectasis as well as diminished fertility. Although the affected person might have lungs that function normally, the mucus produced is thick.

Allergic granulomatosis
This rare condition normally starts off as a severe form of asthma. It affects the lungs, the gastrointestinal system, kidneys, skin and the heart.

Nasal mastocytosis
This disorder affects children and adults alike. It is a rare disorder caused by large numbers of mast cells in the body.

Nasal polyps’ symptoms can be very irritating. This is why, if ever you experience some of the symptoms, it is important to get the correct diagnosis. Thereafter, early treatment is advised.
Nasal polyps are tiny benign growths which grow from the mucus membranes of the sinuses or the nose. They grow to various sizes and their color differs depending on the individual. The smaller polyps do not cause a lot of harm. However, the larger ones are known to have an effect on the sense of smell and they can affect your breathing as well. In very rare situations, the larger ones can even alter the shape of the face and nose.

Nasal polyps normally develop when the mucous membrane becomes inflamed due to things such as bacterial infections and allergies. Most people develop the growths due to sinus infections. People who suffer from conditions such as hay fever, asthma, chronic sinus infections and cystic fibrosis are relatively more susceptible to the growths. These growths generally affect anyone, but they are most common in individuals above the age of 40.

People who have large polyps often complain that they find it difficult to breath. They can also have an impact on the sense of smell. This is because they sometimes prevent airflow to certain sensitive parts of the nose. When the sinus is blocked, the affected individual can experience chronic sinus infections.

Sometimes the growths put a lot of pressure on the facial and nasal bones; thus damaging the bones. A common indication than someone has nasal polyps is the constant feeling that the nose is blocked.

Other symptoms include; a runny nose, headaches, snoring and continuous stuffiness. You can also experience symptoms such as post nasal drip, thick nasal drainage, abundant nasal drainage and sleep apnea to mention a few.
DIAGNOSIS OF NASAL POLYPS

In order to diagnose this condition, the doctor mainly conducts a physical examination, imaging tests and also takes into account the medical history of the patient. In the event that the patient also suffers from hay fever, allergy skin testing might also be necessary.

NASAL POLYPS: TREATMENTS AND DRUGS

When it comes to the medical treatment of nasal polyps, the idea is to minimize their size or rather, to remove them completely. In most cases, doctors normally prescribe certain medications to minimize their size. However, in certain instances, surgery would be the best option. It is important to note that although surgery might be an option in certain instances, it does not necessarily give a solution that is permanent. This is due to the fact that polyps often recur.

NASAL POLYPS AND THEIR MEDICATIONS

The treatment of nasal polyps often begins with medications which basically shrink or get rid of the polyps. There are various drugs available on the market these days. Some of the common drugs include:

- **Nasal corticosteroids**

  In order to minimize inflammation, the doctor can prescribe a corticosteroid nasal spray. This spray can either shrink the polyps or get rid of them.
completely. There are many varieties of corticosteroid sprays. Some of them include: Fluticasone, Budesonide, Beclomethasone and Flunisolide.

- **Oral corticosteroids**

Sometimes it happens that nasal sprays do not work effectively to treat nasal polyps. In such instances, you might have to take oral corticosteroids. These can be taken together with a nasal spray or on their own. It is however important to note that the oral types are known to trigger certain side-effects. As such, they are usually taken for short periods of time. It can also happen that the oral medications do not effectively treat the polyps. In that case, you might have to be injected with a corticosteroid. The medication is injected into the polyps.

- **Alternative medications**

There are other ailments which contribute the inflammation of the sinuses. As such, drugs which treat such ailments can be prescribed by the medical practitioner. The doctor can prescribe antibiotics for the treatment of infections or antihistamines for allergy treatment.
Figure 3. Unfortunately most polyps tend to re-occur after surgery.

Some patients do not respond very well to medications. In such cases, it might be necessary to go for surgery. The doctor takes into account several factors before recommending surgery. These include; the size of the polyps, their location and number and the degree of inflammation. The surgery options that might be recommended by the medical practitioner include:
• **Polypectomy**

During surgery, in order to remove isolated or tiny polyps, the surgeon will make use of a mechanical suction contraption. Alternatively, a Microdebrider is used. This is a contraption which basically cuts and removes soft tissue. Polypectomy is generally opted for when the polyps are easily reached through the nostril.

• **Endoscopic sinus surgery**

This is usually opted for when the polyps are deep in the sinuses. When performing the surgery, the surgeon takes an endoscope which he inserts into the nostrils. An endoscope is a minute tube that has a tiny camera. This is basically inserted all the way to the sinus cavities. Once there is a clear visual of the sinus cavities, the surgeon makes small cuts in the face through which the surgeon will make use of very small contraptions to get at the polyps and remove them.

**After the surgery**

Because nasal polyps often recur, even after surgery, the doctor might recommend that you use any type of corticosteroid nasal spray so that they do not recur. Alternatively, you might be advised to use salt water so that you heal faster after surgery.

If you have any of the above mentioned symptoms, it is best to see your medical practitioner right away. That way he or she can make an assessment and come up with the proper diagnosis. There are various treatment options available; including natural remedies. The natural route will require you to combine diet, exercises and vitamins.

The most important vitamins include vitamins A and vitamin B. Digestive enzymes are also known to be very effective when it comes to the treatment of nasal polyps. Exercises such as deep breathing can also be very effective. These will be described in the next chapters.
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