

SINUS INFECTIONS



&

Coherence 123



Sinus Infections & Coherence

123

Here are some wonderful tips for you today on sinus infections. I hear about this issue all the time from men and women and from different generations.

Sinus infections are a nightmare. It's good to get a diagnostic test to get to the real root of it.



Integrative Medical Doctor

I like to recommend integrative medical doctors. It's a western medical doctor who uses medical tests for a proper diagnosis, and they tend to treat it alternatively, with supplements, diet changes and exercise.

If you don't have access to an integrative medical doctor, there is a number of very experienced and knowledgeable naturopaths that can also make a big difference in your health treating sinus problems.



Believe it or not, sinusitis often originates with stomach trouble. Poor digestion, bloating, inflammation, so it's important to get a good probiotic.

Vitamin C

I also find that Vitamin C, baking soda and lemons help. Instead of squeezing lemon into water, (which you know is a very beneficial thing to do). Blend the whole lemon up in your blender with some water. It's very bulky and mushy but when you drink that down it creates a wonderful flush for you to get the stomach moving and clear the inflammation out of the sinuses.



Meditation

Meditation is of course, always very valuable to calm you down to reduce inflammation.

Alkaline Diet

Eat an alkaline diet. Drink alkaline water to help reduce inflammation. You can put magnesium into your foods too.

Check Your Emotions

Sometimes people with sinusitis have an irritation to someone close to them.



Others have repressed anger or resentment that they're not expressing and it will show up in your body with a sinus infection if you have that tendency.

It's really important that if you feel invalidated or someone has hurt you. Go to them, clear this up, get it out of the way and make sure that there is not ongoing invalidation in your life, because that can create chronic sinusitis and sometimes infection.

It can take a month or more to get rid of on its own. If you do the emotional work and some of the other things that I have suggested, you can clear it up much quicker and it won't be repeated as often in your life.



Coherence 123

We love to use Coherence 123 which includes, EFT (tapping) and we take it to a deeper level. We also use Psych K, which is psychology kinesiology and it integrates the left and right hemispheres of the brain and body. It is very beneficial.

Also 9 positions, which is a way to release trauma from the body. If something is upsetting you or disturbing you in the recent past, even the long-term past, it will help clear these issues. It is very powerful.

**You can access these trainings to learn
Coherence 123 through Global
Healing Exchange.**



I want you to heal your sinusitis right away because it really takes away from the quality of life and it drops your energy down and it can be very painful and really distracting.

I hope these tips help you to manage and clear your sinus problems.



**This Ebook is a collaboration between
Robert Kirby from Robert Kirby.com
& Global Healing Exchange**

