

Home Remedies For Sinusitis And Tonsillitis

Fight Back Naturally Against Sinus and Tonsil Infections

Sinusitis

Symptoms of sinusitis include:

- Nasal congestion
- Runny nose
- Facial pain and pressure
- Headaches
- Fever
- Cough
- Fatigue

Home remedies for sinusitis

There are a number of effective home remedies that can help to relieve symptoms of sinusitis and speed up healing. These remedies include:

- **Steam inhalation.** Inhaling steam can help to thin mucus and promote drainage. To do a steam inhalation, simply boil a pot of water and place it on a table or counter. Drape a towel over your head and inhale the steam for 10-15 minutes. You can add a few drops of essential oil, such as eucalyptus or peppermint, to the water to help open up your sinuses.

- **Nasal irrigation.** Nasal irrigation is a gentle way to flush out mucus and bacteria from the nasal passages. To do a nasal irrigation, you will need a neti pot or a squeeze bottle. Fill the neti pot or squeeze bottle with warm water and add a pinch of salt. Tilt your head over a sink and gently insert the spout of the neti pot or squeeze bottle into one nostril. Allow the water to flow through your nasal passages and out the other nostril. Repeat the process with the other nostril.
- **Warm compresses.** Applying a warm compress to your face can help to relieve pain and pressure. To make a warm compress, simply soak a washcloth in warm water and wring it out. Apply the compress to your face for 10-15 minutes at a time.
- **Over-the-counter pain relievers.** Over-the-counter pain relievers, such as ibuprofen or acetaminophen, can help to relieve pain and inflammation.

Tonsillitis

Symptoms of tonsillitis include:

- Sore throat
- Difficulty swallowing
- Swollen tonsils
- Red or white patches on the tonsils
- Fever
- Chills
- Headache
- Muscle aches

- Fatigue

Home remedies for tonsillitis

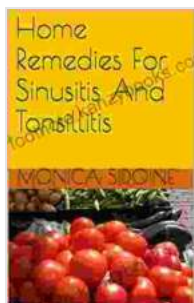
There are a number of effective home remedies that can help to relieve symptoms of tonsillitis and speed up healing. These remedies include:

- **Gargling with salt water.** Gargling with salt water can help to soothe a sore throat and reduce inflammation. To make a salt water gargle, dissolve 1/2 teaspoon of salt in 8 ounces of warm water. Gargle for 30 seconds at a time, several times a day.
- **Honey.** Honey has antibacterial and anti-inflammatory properties that can help to relieve a sore throat. To use honey for a sore throat, simply take a spoonful of honey and let it dissolve in your mouth. You can also add honey to tea or hot water.
- **Lemon juice.** Lemon juice is a natural antiseptic that can help to kill bacteria and reduce inflammation. To use lemon juice for a sore throat, mix 1 tablespoon of lemon juice in 8 ounces of warm water. Gargle with the mixture for 30 seconds at a time, several times a day.
- **Over-the-counter pain relievers.** Over-the-counter pain relievers, such as ibuprofen or acetaminophen, can help to relieve pain and inflammation.

When to see a doctor

- Your symptoms are severe or do not improve with home treatment.
- You have a fever that is higher than 101 degrees Fahrenheit.
- You have difficulty breathing or swallowing.

- You have a stiff neck or headache.
- You have a rash.

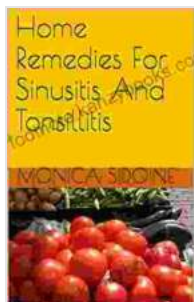


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by Monica Sidoine

★★★★★ 5 out of 5

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