

GENERAL RECOMMENDATIONS:



NASAL CARE:

- Use nasal saline rinses (e.g., NeilMed) twice daily or saline with xylitol (e.g., Xlear).
- If there is heavy mucus or crusting, you may add a drop of unscented, organic baby shampoo (e.g. Babo Botanicals) to the rinse solution to help clear nasal passages.



ALLERGY PREVENTION AND MANAGEMENT:

- Watch for symptoms of allergies (frequent runny nose, cough, dark circles under eyes). Minimize exposure to triggers by:
- Changing bedsheets weekly and replacing air vent filters every 6 months.
 - Removing carpets, cleaning curtains regularly, and decluttering bedrooms, including decorative pillows and stuffed animals.
 - Using hypoallergenic mattress and pillow covers.
 - Avoiding common allergens like tobacco smoke, pet dander, dairy, and gluten, which can cause congestion



HOME ENVIRONMENT

- Maintain optimal humidity levels for sleep (30–50%). Use an ultrasonic dehumidifier to relieve excess moisture from your home.
- Learn about air purifiers such as PECO vs. HEPA to filter pollutants and mold based on your needs.
- Change air filters every 3-6 months based on environmental factors



DIET/PROBIOTIC

Diet:

- Refrain from the consumption of dairy and gluten, which are pro-inflammatory and can cause congestion.

Probiotics:

- Consider incorporating probiotics into your routine to support overall immune health and reduce nasal congestion. Research suggests that certain strains of probiotics may help balance gut and sinus microbiomes, which can positively impact inflammation and nasal congestion

SPECIFIC RECOMMENDATIONS:

Nasal Probiotic:

Lanto Sinus Probiotic: Promotes sinus health by reducing inflammation, balance the nasal microbiome, and combat the effects of harmful bacteria in the nasal passages. Quick-acting, easy to use, and only needs refrigeration.

Regular Use: Mouth

- Place 1/4 teaspoon (white spoon) of Lanto Sinus directly into your mouth, swish, and swallow.
- Don't eat or drink for 15 minutes.
- Use Lanto Sinus once per day, as needed.

Maximum Boost: Nose & Mouth

- Mix 1/4 tsp (white spoon) of Lanto Sinus with up to 1/4 cup of distilled or sterile (boiled & cooled) water. Stir.
- Dab this mixture about 1/2 inch into the nostrils (using a cotton swab or clean finger).
- Swish remaining amount of mixture in mouth & swallow.
- Apply once in each nostril, once per day, as needed.

Oral Supplements:

Ther-Biotic InterFase: designed to support gut health by breaking down **biofilms**, maintaining a balanced microbiome, and supporting overall immune and digestive health.

Suggested Use:

Adults: Depending on age and size, take 1 capsule, 1 to 4 times daily between meals or as directed by a healthcare professional. Should be taken away from meals to maximize the enzyme effects.

Children: As directed by a healthcare professional.

D-Hist: supports immune, sinus, and respiratory health by reducing inflammation and histamine response. The formula includes quercetin, bromelain, stinging nettles leaf and N-acetyl cysteine.

Directions:

Loading Dose: 2 capsules three times per day for 7-10 days.

Maintenance: 2 capsules per day or as recommended by your health care professional.

Creekside Snifflex: is an herbal supplement designed to support respiratory health and relieve seasonal discomfort using natural ingredients of Vitamin C (75 mg), Bromelain (30 mg), Elderberry (80 mg), Quercetin (50 mg), and NAC (24 mg). No sugar added.

Suggested Use: For children, take one chewable tablet once per day or as directed by a healthcare provider.

MEDICATIONS TO CONSIDER:

Nasal Steroid:

I recommend the limited use of steroid sprays (e.g., Flonase (fluticasone), Nasacort (triamcinolone), Rhinocort (budesonide)). These sprays help reduce nasal inflammation and making them effective for symptoms like congestion, sneezing, and a runny nose.

Prescription Rinses:

Budesonide (Pulmicort) capsule or ampule into a saline rinse solution: Budesonide (Pulmicort) is an anti-inflammatory steroid medication used to decrease nasal and sinus inflammation. It is dispensed in liquid form in a vial. Although it is manufactured for use with a nebulizer, we intend for you to use it with the NeilMed Sinus Rinse bottle (preferred) or a Neti pot.

Instructions:

1. Make 240cc of saline in the NeilMed bottle using the salt packets or your own saline recipe
2. Add the entire 2cc vial of liquid Budesonide (Pulmicort) to the rinse bottle and mix together.
3. While in the shower or over the sink, tilt your head forward to a comfortable level. Put the tip of the sinus rinse bottle in your nostril and aim it towards the crown or top of your head. Gently squeeze the bottle to flush out your nose. The fluid will circulate in and out of your sinus cavities, coming back out from either nostril or through your mouth. Try not to swallow large quantities and spit it out instead.
4. Perform Budesonide (Pulmicort) + Saline irrigations 2 times daily.

Allergy Medication:

OTC Oral Medication:

I recommend limited use of Claritin, Zyrtec, Allegra

Prescription Medication:

Singulair (montelukast) is a prescription medication that helps manage nasal congestion by targeting inflammation associated with allergies and asthma. Please speak with your provider about side effects associated with continued use of singulair.

(310) 579-9710

www.TheBreatheInstitute.com

www.ZaghiMD.com

appts@ZaghiMD.com