

## Rhinitis – Natural Remedies To End The Misery Of Rhinitis

Rhinitis is a general term to categorize irritation or inflammation in the nose. The main symptom of rhinitis is a runny nose. Other symptoms that may be present are nasal congestion and post nasal drip. Rhinitis is caused by an inflammation or irritation of the mucous membranes in the nasal passages. One of the most frequent causes of rhinitis is the common cold. A cold causes the mucous membranes to produce more mucus and swelling of the nasal passages. Other causes of rhinitis include allergies or environmental irritants. The discomfort of rhinitis can interfere with daily activities. There are some natural remedies that can put an end to the misery of rhinitis. Natural cures are often favored because they are not habit-forming and generally do not have side effects associated with conventional drug medications. Natural rhinitis remedies are useful for treating children as well as adults. A nasal wash or irrigation can be particularly helpful in reducing the amount of mucus in the nasal passages. Saline solution is used to irrigate the nose. There are two methods for using a nasal wash. Lean over the sink, with the head down. Cup some saline solution in your hand and inhale the solution into the nose, one nostril at a time. Spit the excess into the sink and gently blow the nose. The other method uses a syringe or nasal irrigation device to insert the saline into the nose. Acupuncture has had positive effects on allergic rhinitis symptoms. A qualified acupuncturist can treat congestion and excess mucus associated with chronic rhinitis. Drink plenty of water every day. Water helps the body flush out germs and bacteria so it acts as a natural body cleanser. Water also keeps the mucus thin and more able to be flushed away. Cut back on the intake of mucus producing foods such as dairy products as well as processed foods. Eat plenty of fresh fruits and vegetables that are high in nutrients and vitamins. There are a number of herbal cures that are effective in treating rhinitis. Taken as a tea, a tincture or in capsule form, these herbs help treat and prevent rhinitis. You should be able to find these herbal remedies at your local health food store. Butterbar possesses the same properties as antihistamine but without the drowsiness associated with the latter. It is useful for treating seasonal allergies and stopping excess mucus production. Grape seed extract is also known as a natural anti-histamine. It inhibits the release of histamine in the body. For allergy sufferers, grape seed extract provides relief from a various allergic reactions, including rhinitis caused by irritants. Reishi is an ancient Chinese healing herb that enhances the immune system and promotes overall good health. It contains ganoderic acids that inhibit histamine release, thus helpful in treating rhinitis caused by allergies. It can be taken daily with no ill side effects. Colloidal silver is a natural antibiotic that is effective against bacteria, virus and fungi. Unlike prescription antibiotics, the body develops no tolerance towards it.

### About the Author

Information on clean burning, fuel efficient, environmentally sound vehicles. Includes locations of fueling stations, vehicle listings.

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