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 polyps 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”.

![Diagram of nasal polyps](image.png)

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 use 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.
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.
4. MEDICAL AND SURGICAL OPTIONS FOR NASAL POLYPS

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 breathe. 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.
Surgery

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.
5. PROBLEMS, LIMITATIONS, COMPLICATIONS AND SIDE EFFECTS OF MEDICAL AND SURGICAL TREATMENTS FOR NASAL POLYPS

If you suffer from nasal polyps then you will understand just how problematic they can be. These small, mucus growths that are found in your nasal cavity can seriously affect your life negatively. They reduce your oxygen intake, create sleeplessness, make you get colds easier and causing you serious discomfort. You can seek medical and surgical assistance and treatment but there are many problems, limitations, complications and side effects to consider. When you develop nasal polyps you are most likely to see an ear, nose and throat specialist.

SEEKING PROFESSIONAL ADVICE

If these polyps remain untreated or not managed, they become larger and more can form. It is best that you seek the advice of your doctor. Even before you decide on what treatment to take, a professional will be able to assess the severity of your polyps and you can consult them on different treatments and what steps to take to reduce or remove the discomfort that growths cause.

A doctor will also be able to explain what medical treatments and surgery options are available. Though with these treatments problems can arise and they can be rather limited in providing you with long-term relief. There are also some side effects that you must consider.
STANDARD TREATMENT

The usual step to take when you have been diagnosed with nasal polyps is to receive medication. This needs to be administered at regular intervals or on a daily basis, such as nasal spray. These sprays contain steroids, which help to reduce inflammation and open up your air passages. There is also the option to allow your doctor to directly inject the jelly-like growths with steroids which creates immediate relief.

The problem is that injections and nasal sprays have limited effectiveness, and often the relief they provide is short lived. You will have to administer these treatments more and more with the results diminishing as your body builds up a resistance. Steroids can also create many harmful side effects. They stunt growth in children, create eye complications such as loss of sight, cataracts and glaucoma, as well as cause diabetes and irritate your nose causing irregular bleeding. In other words, you can experience a situation where, instead of having reduced discomfort, there will be an increase in discomfort.

You may not see immediate results; results will usually be noticed after a week or two. Steroid sprays for nasal polyps can be used regularly. Steroid sprays and drops may have other side effects which include headaches, nose bleeds and a sore throat. Steroid sprays and drops will usually be prescribed if you have one or a cluster of small nasal polyps. Steroid tablets are effective in shrinking nasal polyps but may have weight gain as a side effect and can only be taken for a few weeks.

Antibiotics may also be prescribed if the other medications are causing more inflammation. Antibiotics may be used against allergies and infections although only one course is given at a time. However, it is necessary to note that the body may become immune to an antibiotic after a limited amount of courses.
SURGICAL TREATMENTS

If the medical treatments have little or no effect, then next step is to seek surgery. The polyps can be removed by cutting them away; this can be fairly effective in the short term if they are not too large or are only a few. Though problems can arise if you have many or they occur in clumps. Surgery is usually recommended by an ear, nose and throat surgeon if you have a severe case of nasal polyps or when medical treatment is unsuccessful.

Unfortunately, contrary to what you may think, nasal polyps surgery is NOT a permanent solution for most people, as recurrence of nasal polyps after surgery is likely. The reported frequency of nasal polyps re-growth post-operatively varies, but in most cases it is found to occur in most patients. According to Dr. Wynn and Dr. Har-El from the SUNY Downstate Medical Center at Brooklyn (New York, USA), 60% of patients who undergo nasal polyps surgery develop recurrent polyposis. According to Dr. Mark C. Loury at Advanced Otolaryngology, PC (Colorado, USA), rates of recurrence can be as high as 75%.

In addition, nasal polyps surgery carries significant risks, the most serious of which is brain fluid leakage and intracranial bleeding. This can occur because during the procedure, there is a chance that the bone between the nose and the brain is accidentally damaged. If brain fluid leakage occurs, the patient will have a high risk of developing meningitis (infection of the brain and spinal cord), which is potentially fatal.

According to the John Hopkins Sinus Center (Maryland, USA) another danger of nasal polyps surgery is vision alterations, which can be permanent. This is due to the fact that the sinuses are very close to the eyes. There have been cases where patients have gone blind as a result of nasal polyps surgery, as reported by the Shandong Provincial Hospital & Shandong University (China).

Doctors at the Peninsula Medical School (Exeter, UK) warn that there is also the danger of excessive bleeding requiring transfusion. This is because during the procedure, an artery may be severed, resulting in haemorrhage. Other complications
of nasal polyps surgery include injury to the tear ducts, perforation of the septum, thrombosis in the legs, and the development of asthma.

Furthermore, you need to keep in mind that nasal polyps surgery can be very expensive. According to the CNN, nasal polyps in the USA costs around $30,000 while in the UK it costs around $3,000.

CAREFUL DECISION

Both with medical and surgical treatments for nasal polyps there are many problems, limitations, as well as complication and side effects. They do not offer you long term relief and there are many risks involved. When deciding how you will manage these mucus growths, it is always a good idea to consider your options and seek out more natural and long term remedies that can have far less risks and harmful side effects.

However, even if you do not opt for medical and surgical option, it is always recommended that you seek advice from a doctor.
6. HOW TO PREVENT NASAL POLYPS

There are a lot of people who suffer from nasal polyps and some of these people might not have developed the polyps if they had incorporated certain preventative measures earlier on.

For those that do not have the growths, there are certain things that can be done to ensure that the polyps never develop. For those who already have them, there are preventative treatments which can be of great assistance to prevent recurrence after treatment.

PREVENTATIVE MEASURES

If 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 make sure that they adopt preventative measures as these people, especially those who are over 40, have a higher risk of developing nasal polyps than other people.

Nasal polyps occur as a result of inflammation of the nasal linings. Therefore if you ensure that no inflammation occurs, no polyps growth will occur. Your diet is crucial for the body’s inflammatory balance. Some foods can lower inflammation while others can trigger it. Still other foods help to combat the effects of inflammation after it occurs.
Saturated fats are harmful for your overall health; they also increase inflammatory status and hence your risk of nasal polyps. Cut down on chocolate and cakes, pastries, processed meats, fatty red meats, egg yolks and full-fat dairy products. Opt for lean cuts of meat (and grill instead of frying), and choose low-fat dairy products such as skimmed milk and low-fat yogurt.

Omega 6 fatty acids, are healthy, however too much of them can be harmful especially if your diet is lacking in omega 3s. This is because omega 6s are used by the body to manufacture arachidonic acid, a substance that in turn produces pro-inflammatory molecules. Omega 6s are found mainly in plant oils. Rather than lower your intake of omega 6s, you are highly recommended to increase your intake of omega 3s, so as to optimize the ratio.

Omega 3 fatty acids are used by the body to manufacture anti-inflammatory substances. In essence, if you ensure an adequate intake of omega 3s, your body will be in a permanent anti-inflammatory state, and nasal polyps growth will be virtually impossible. A high intake of omega 3s is associated with other health benefits as well, such as protection from heart disease and cancer, and optimal mental performance. Omega 3s are present in plant foods (such as nuts and seeds) however these are of the ALA (alpha linolenic acid) type. ALA is not as strongly anti-inflammatory as EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). EPA and DHA are found only in oily fish, such as mackerel, fresh tuna, and salmon. You can also get EPA and DHA from fish oils and omega 3 oils - get at least 1 to 3 grams a day. If you are vegan or vegetarian, you can get an algae oil omega 3 supplement, which is also a good source of EPA and DHA. Remember that you should always consult with your doctor before starting a new health supplement.

In addition, you should make sure that you get loads of anti-oxidants in your diet. Anti-oxidants protect from damage by free radicals, substances that exacerbate the effects of inflammation and are associated with the signs and symptoms of aging. Anti-oxidants are found in fruits and vegetables, and it is recommended that you get at least 5 portions of fruit and vegetables per day, a portion being the size of your fist.

It appears that a particular anti-oxidant called Quercetin may be especially effective for ameliorating nasal polyps. Foods high in quercetin include:
So basically, in order to prevent nasal polyps, you should make some changes to your diet. Eating foods that are generally considered to be healthy and avoiding those that are unhealthy will go a long way in preventing a lot of ailments including, nasal polyps. The same is true when it comes to exercising. A combination of a proper diet and exercise will ensure that you avoid some of these conditions apart from diet and exercise; you can try out some of the natural remedies mentioned above.

There are also some preventative treatments that you can incorporate in your lifestyle to ensure you stay polyps-free:

**PREVENTATIVE TREATMENTS:**

- 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, helping to prevent nasal polyps.
- Selenium and zinc supplements have also been known to prevent the occurrence/recurrence of nasal polyps.
- 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 use to prevent nasal polyps from recurring.
7. PRANAYAMA FOR NASAL POLYPS

Pranayama is a type of yoga and it is a great way to control your breathing and keep you healthy. It helps you by assisting you to be more active, resulting in you being healthier. It benefits you in so many ways and it helps people with nasal polyps by helping them control their breathing. Yoga can help the young and the old and can help you de-stress and relax. That is why it is so helpful for people with asthma or any other breathing problems. It should come as no surprise that a few minutes daily of pranayama can help to improve nasal polyps and prevent their recurrence.

Yoga has been around for a long time and many people that love staying fit do have yoga classes once a week. There are many different styles of yoga and different types of classes such as you get a class for beginners and experienced people the instructors help you if you have any problem’s what so ever.

YOGA BREATHING EXERCISES FOR ENERGY AND TRANQUILITY

Yoga breathing which is known as pranayama yoga is the first step towards re-orienting and improving the functioning of your mind and body by learning to optimize the breathing process. The Yogis were the first to discover the importance of oxygen and breathe control and devised an exact science of breathing. They called it PRANA-YAMA, from the Sanskrit word prana meaning breath, and yama, its cessation. Pranayama implies correct breathing and breath control.

Before starting with pranayama, it will be worthwhile to understand what is generally wrong with our breathing process and why proper breathing is required. Also, it is important to understand the basic philosophy of Yoga Breathing. The purpose of yoga breathing exercises is to supply the body with oxygen and cleanse it of carbon dioxide and other toxins.
Oxygen in the blood is vital for:

- Assimilation of food we eat for fulfilling the body's various needs like rebuilding tissues, supplying energy.

- Stimulating the functioning of the endocrine glands.

- Providing energy for functioning of brain, nerves, heart and other vital organs.

- Distribution of vital energy throughout the body.

But most of us are unaware of the fact that the loss of energy or prana that we often feel in our body is mostly due to incorrect breathing. Generally, we may be utilizing only a small portion of our lung capacity. This inadequate supply of oxygen results in improper waste disposal from our body. The body functions are slowed down and the cells or tissues fail to regenerate themselves due to lack of sufficient energy.

With pranayama practice, you can increase your intake of oxygen up to five times. This means you can get rid of five times of carbon dioxide from your body. You can imagine the improvement in your health by doing Pranayama.
There are three stages of yoga breathing process

- Inhalation which is called (puraka). It fills the lungs with air and stimulates the whole body.

- Retention is called (kumbhaka). During retention the body’s temperature is raised and the oxygen is absorbed.

- Exhalation is called (rechaka). Here the diaphragm is returned to its original position and toxic air is released into the atmosphere.

Unless otherwise specified, generally the ratio between inhalation, retention and exhalation is 1:4:2.

Types of Yoga Breathing (Pranayama)

Following are the pranayama exercises you can practice;

- Rhythmic breathing and deep breathing harmonize your body with your breathing

- Alom Vilom is ideal Pranayama for a Healthy Heart

- Kapalabhati is deal for your respiratory system and boosts memory
▪ Agnisar takes care of your abdomen and digestive organs as well as your intestines.

▪ Bhashrika is ideal for diseases of the nose and chest and cures Asthma

▪ Surya Bhedi warms up the body in winter

▪ Chandra Bhedi cools the body in summer

▪ Ujjayi cures asthma, cough, cold and diseases of nose and ears

▪ Bhramri Pranayama increases blood circulation and stimulates thyroid glands

▪ Shitali Pranayama has a cooling effect

▪ Shitkari Pranayama also has a cooling effect

Before starting the practice of yoga breathing, there are certain guidelines for pranayama which must be followed for optimum results. A healthy person can start with any type of pranayama. But for people with sedentary lifestyles and poor health, it is advisable first to start with Asanas to tune the body for few days and then start with pranayama.
It is advisable to start pranayama with a yoga instructor. But if you do not find a yoga teacher and want to start learning on your own, start very gradually with deep breathing, alom vilom for 2-3 weeks and then you can start other pranayama like Kapalabhati and Bhastrika. For weak people, even practice of alom vilom alone is known to produce remarkable results for healing and relaxation. Pranayama practice needs a relaxed state of mind. Do not rush through to complete a number of repetitions. If you have less time on a particular day, do a few pranayama exercises or reduce the number of repetitions.

Pranayama help you to stay youthful, supple, slim and full of vital energy. Pranayama results in better mind control. The more you increase your supply of prana/oxygen, the greater will be your sense of well-being. Pranayama lays the foundation for practice of asanas, relaxation, concentration and meditation.

Yoga is the greatest de stressor and it has been proven that it helps people with nasal polyps by helping control your breathing; it is a great way to manage yourself and keep fit and relaxed. So if you have nasal polyps, yoga is great for you. Find the best pranayama class out there and join it and it will help you feel better and relaxed.

Nasal polyps is not an easy condition to live with and yoga makes it easier while you go through your treatments, and it helps your breathing as well. Basically, you feel better when you can breathe properly. This type of yoga is beneficial not only where nasal polyps are concerned, it has an overall body effect as well.

Refer to your bonus download "The Science of Pranayam" by Sri Swami Sivananda for a comprehensive guide on Pranayama practice.
8. NATURAL REMEDIES FOR NASAL POLYPS

There are various treatment options when it comes to nasal polyps. Usually, when you are diagnosed with the condition, the doctor prescribes certain medication that will help to reduce the growths or to somehow shrink them. On the other hand, the doctor can recommend that you undergo surgery to remove the polyps. However, there are some people who do not like the idea of using medications or even going under the knife. In addition, medical treatments have a number of side effects and surgery is often not a permanent solution and 70% of the people experience a recurrence of polyps just a few weeks after surgery.

These people prefer natural remedies for nasal polyps. Natural treatments are free of side effects, unlike medicines. Natural treatment also involves adopting dietary and lifestyle changes, to ensure that inflammation in the nasal passages is kept to a minimum.

Figure 4. As you will discover, tea tree oil can be extremely powerful for curing nasal polyps.
WHY CHOOSE NATURAL REMEDIES?

Nasal polyps can be painful and irritating. The best relief will come from natural remedies. Not only are natural remedies the best way to rid your nasal cavity of polyps but it is less painful and much cheaper than buying an over the counter remedy or going for some type of surgery. Natural remedies for nasal polyps are the best way to go because surgeries are not always effective in preventing them from forming again.

Many people are of the view that natural remedies for nasal polyps are the best option because they are natural and are not associated with any side effects. Some remedies may work better for others. It is important to note however that when trying different remedies, you should not be too hasty. It is usually advised to give them a chance to work. Some may work faster than others. If you are cautious, you can ask a doctor or try the remedy only in one nasal passage first. Some remedies might seem strange but do a thorough research of the different solutions.

Natural remedies will offer more long-term effectiveness and will both cost you less and also be less of a hassle. Through changing your daily routine or using the right combination of supplements, you can help to reduce the inflammation in your nasal passages and reduce the severity and size of these growths. Sometimes by finding the right combination of remedies, it is even possible to reduce the irritation to such an extent that you will barely notice it.

**Step 1: Natural rinse**

The first step is to start doing the natural rinse. This natural rinse is basically some saltwater solution. Although the exact causes of this ailment have not yet been pinpointed, it is generally believed that the condition is causes by allergens and various irritants.

A saline spray can be bought at a drug store near you. However, you can simply make the saltwater solution in the comfort of your home. Simply take a teaspoon of salt and mix it in one cup of water. Stir until all the salt has completely dissolved.
In order to apply the spray, simply take a nasal spray bottle that is empty or even a bulb syringe and spray the solution directly into your nose. In order to ensure that the solution goes far into the nasal cavity, you can breathe in a little bit while you are spraying the solution.

This should be done a couple of times during the day if you want optimum results. You can also keep doing the natural rinse once daily after complete polyp shrinkage to prevent a recurrence.

Figure 5. The nasal rinse should be done 2 to 3 times daily during polyps treatment.
Step 2: Horseradish and honey

Step 2 involves unblocking nasal passageways.

Horseradish is a type of herb that is very strong and it plays a very important function when it comes to the treatment of nasal polyps. What it does is that it clears blocked passageways.

This herb has a very strong flavor. As such, it might not be something that one might want to consume. However, it can be taken with honey to sweeten it up.

For getting rid of nasal polyps, you will require 2 cups of the herb; and it must be grated. You will also need about two cups of honey; preferably natural honey. All that you are required to do is to take the mixture twice a day until it is finished. A teaspoon every time will do. This mixture is known to eliminate the growths.

Step 3: Tea Tree Oil

Almost nobody knows the potential of tea tree oil for the treatment of nasal polyps, but many polyp sufferers find complete disappearance of their nasal polyps in just days after using this!

Simply apply Tea Tree Oil straight onto the nasal polyp using an ear bud three times a day. This will dry it out and in many cases cause it to fall off within about four days. Tea Tree Oil will not burn the nasal cavity and also has no negative side effects.

*If you cannot reach the polyps with a Q-tip, use tea tree oil vapor therapy:*

Pour hot water into a bowl and add 3 drops of the tea tree oil, place your head about 12 inches (30 cm) above the bowl and cover your head with a towel in such a way that the sides are totally closed and you in actual fact form a tent over the bowl.

Keep your eyes shut and breathe deeply through your nose for 1 to 2 minutes.
If you feel that the treatment is getting too much for you, raise the towel so that fresh air is brought into the area and breathe through your mouth a couple of times and then resume the treatment. Should you at any time feel uncomfortable discontinue the treatment.

This will help to shrink the polyps, although it may take longer than when the tea tree oil is applied directly.

**If No Improvements are Seen With Tea Tree Oil**

If you use tea tree oil for four days and still notice no improvement, you can opt for a more drastic measure. Get some food grade 3% hydrogen peroxide and apply to the nasal polyps by dipping a cotton swab in the hydrogen peroxide and swabbing the polyps with it. Note that this will sting a bit, but generally is highly effective for shrinking the polyps within days.

**If you experience nasal discharge: Black tea and ginger**

If in addition to nasal polyps you experience nasal discharge, try this powerful combination of black tea and ginger.

Simply make your cup of black tea and then add some dry ginger powder. This tea basically assists with managing nasal discharge.

**If you experience discomfort:**

i. **Milk and turmeric powder**

You can also mix hot milk with a little bit of turmeric powder. This mixture will actually relieve some of the symptoms associated with this condition.

ii. **Garlic juice**

Nasal polyps are known to cause some discomfort. This discomfort can be minimized greatly by consuming fresh garlic juice a number of times during the day.

iii. **Steam**
Inhaling steam is a very common way of treating most sinus conditions. Even when someone has a cold, inhaling steam can help to unblock a blocked nose. As far as the treatment of nasal polyps is concerned, the steam plays a very important role which is dilating nasal passages. That way, you will find that breathing will be made easier. Be very careful not to burn yourself when using steam.

iv. Hot bath

Taking a hot bath or shower has the same effect as that of inhaling steam. The added advantage however, is that these hot baths will prevent swelling. In fact, the baths and hot showers assist in preventing the polyps from developing.

Step 4: To Maximize Polyp Shrinkage

i. Vitamin A

If you want to see the polyps shrink, you can also take some vitamin A supplement on a daily basis. Vitamin A is known to alleviate the symptoms of nasal polyps. It should be noted however that this supplement is not recommended for pregnant women.

ii. Vitamin C

Another important type of vitamin that must be taken frequently is vitamin C. This will also help to reduce symptoms of this ailment. You can take the vitamins in the form of pills and you can also increase the intake of fruits that contain vitamin C such as citric fruits.

iii. Deep breathing

Breathing exercises are crucial when it comes to the treatment of nasal polyps. All that you are required to do is to take deep breaths at least 3 times on a daily basis for about ten minutes. These breathing exercises will help minimize the discomfort associated with the growths.
Step 5: To Ensure Nasal Polyps are Cured Permanently

In most cases, these growths tend to recur. It is important to note that there are certain habits or measures that can be taken to ensure that the growths do not recur.

What we want to achieve is to keep the body in an anti-inflammatory state, to prevent the nasal linings from getting inflamed. You should adopt the dietary changes mentioned in the chapter on how to prevent nasal polyps. Mainly, you want to minimize your intake of saturated fat and increase your intake of omega 3 fatty acids and fruits and vegetables. Make sure that among your 5 portions of fruits and vegetable a day, you include lots of citrus fruits that are good sources of anti-oxidants and vitamin C. Examples of citrus fruits include oranges, lemons and grapefruits.

Avoid drinking any gassy cold drinks, rather drink water or fruit juices. Cut out full-fat dairy and most sugars as well. Dairy foods and foods which contain high levels of sugar can actually accelerate the condition.

Consider taking a daily omega 3 supplement, especially if your intake of oily fish is low.

As this condition has to do with allergens and irritants, try to make it a point that you avoid any contact with irritants. Realize that some perfumes and colognes can irritate the nasal linings.

It is also important to practice proper hygiene habits and to maintain cleanliness; in particular where your hands are concerned. The area surrounding the home must also be humidified.

You need to remember that you dietary habits have a crucial impact on your health, including the development of nasal polyps.
Other remedies to try

Other home remedies and preventative treatments:

- 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.
- 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 if there are any 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 use to prevent nasal polyps from recurring and should be taken in conjunction with a good nasal steroid.

If 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.

Persons who use inhalers sometimes develop thrush as a side effect, and thrush can irritate the nasal passage and cause polyps. Treat thrush by using an anti-fungal (but check with your doctor first).
Reducing the inflammation is the first step to create relief. Consuming a tonic created from watercress and dandelions during meals will help. Nettle tea is also proven to reduce the inflammation and should be consumed once a day. Taking vitamin A will strengthen your capillaries to reduce your nose bleeding and will increase blood flow that will also help with the inflammations.

Regular exercises such as going for walks in nature or along the coast will help. The clear air will remove the pollutants from your lungs and clear you air passages. Nasal Polyps can be managed with natural remedies and altering combinations of these treatments work in a variety of ways for different people in creating relief. By finding the right combinations, you will be able to regularly manage and reduce the effect of these mucus growths without it taking great effort, or resulting in excessive cost to you.

There are also many different things you can apply to the polyp itself to help with ridding your nasal passages of polyps. Bloodroot or Black Salve is believed to work by naturally removing the damaged tissue and your body repairing itself. You can also try Grapefruit Seed Extract applied to the polyp. For effective results they can be applied about three times a day.

You can try eating 5 to 7 basil leaves before breakfast and dinner to rid your nasal passages of nasal polyps. Yoga breathing exercises are known to work as well. You can try breathing in steam with eucalyptus oil or menthol oil. Two teaspoons of apple cider vinegar in a large coffee cup inhaled could also work.

Broken basil leaves, 4 crushed garlic cloves with a pinch of turmeric in hot water inhaled for 20 minutes can be effective. Essiac Tea which is made from Sheep Sorrel, Burdock, Turkey Rhubarb and slipper elm is believed to work wonders on nasal polyps. Some believe in a Neti Pot of half a teaspoon of salt, twelve drops of bloodroot, H2O2 and hot water also works.
Your diet in more detail

It is generally agreed that what you consume will have an effect on the growth of these polyps in the sense that there are certain foods that can prevent the development of polyps. This is due to the fact that it has been proved that some nutrients are quite helpful when it comes to maintaining healthy mucous membranes. If you have healthy mucous membranes, it means that you are less likely to suffer from this ailment.

Foods that have a high content of Beta-Carotene and Vitamin A

It is usually recommended to consume foods that contain a lot of Vitamin A and Beta-Carotene. Vitamin A is helpful because one of its main functions in the body is to offer the necessary protection to the linings in your sinuses. It is also an antioxidant. Therefore, it helps to fight chronic inflammation. Beta-carotene is present in foods such as spinach, sweet potatoes, mangoes, carrots and melons to mention a few. It also has anti-oxidant properties. As such, it helps to prevent inflammation of the nasal pathways.

Vitamin E and Vitamin C

Free radicals are known to cause tissue damage in the nasal cavities. By consuming foods that contain a lot of Vitamin C and Vitamin E, you will be able to protect your body from these activated oxygen molecules. This is due to the fact that these vitamins have antioxidant properties. As such, these properties assist to fight off free radicals. Studies have also proven that taking a lot of Vitamin C will assist the body to minimize the release of histamine as well as break it down at a quicker rate.

Basically, histamine is produced in your body. This chemical is known to be associated with most allergic reactions and it also increases your chances of experiencing inflammation. That is why people who have allergies most often take anti-histamine medication so that they do not have allergic reactions when they come in contact with various allergens.
Water

As far as water is concerned, it is a well known fact that this liquid is highly beneficial in as far as the overall functioning of the body is concerned, and our nasal passages are no exception. Water is known to get rid of toxins in the body and it basically assists our body to function properly. When it comes to our nasal passages, water plays the very important function of moistening our mucous membranes. This in turn ensures that the allergens are kept out.

Selenium

Selenium is a trace element that is found in foods such as shrimp, mushrooms and Brazil nuts. You can help prevent or even treat polyps by increasing the intake of such foods. Just as the Vitamins mentioned above, this trace element is also an antioxidant. It contains certain enzymes which defend the body from free radicals.
FOOD ALLERGENS

The discussion so far has been mainly centered on allergens such as pollen and dust. However, there are also food allergens that one must avoid as they are also believed to cause the growth of polyps. It is important to note that just because someone else has polyps as a result of a certain type of food, does not necessarily mean that if you are intolerant to that particular type of food, you will also be affected.

However, it is necessary at this point to mention some of those foods that are mainly associated with this ailment. These include yeast, products that contain gluten, dairy, soy and eggs. It can be a bit tricky to determine what you are allergic to exactly when it comes to food allergens. One of the best ways to find out is to eliminate one type of food at a time while you are carefully looking to see if there is any change in your body. You can give yourself a 2 to 4 week period of eliminating one type of food at a time. That way, you will be able to determine what you are allergic to.