



Sinusitis Wellness.com

Sinusitis Protocol: Slight Symptoms

If you scored **1-20** on the Evaluation form, medical research has shown that there is a strong indication that you are genetically predisposed to an allergic response to mold. This is the protocol normally prescribed for my patients who score what you have on the form on this site. When followed, I have seen significant improvements in my patients.

Below each component of the Body and Environmental Protocol is outlined. You get instructions on product use and also WHY I recommend each product. I have personally evaluated each and every product and in some cases was instrumental in development. There is a convenient printable outline that contains a checklist and a sample daily schedule. I want to make it easy for you to get the products you need to get well which is why they are gathered together in the Micro Balance store.

-- Donald Dennis, M.D., F.A.C.S.

SHOPPING LIST:

- | | |
|--------------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> CitriDrops Dietary Supplement | <input type="checkbox"/> EC3 Mold Solution Concentrate |
| <input type="checkbox"/> Grossan Hydro Pulse | <input type="checkbox"/> EC3 Air Wicks |
| <input type="checkbox"/> Nasopure Sinus Wash | <input type="checkbox"/> HEPA Air Purifier |
| <input type="checkbox"/> Nasopure Refills | and/or EC3 Air Wick Dispenser |
| <input type="checkbox"/> Distilled Water | <input type="checkbox"/> EC3 Air Purification Candles |
| <input type="checkbox"/> CitriDrops Nasal Spray | <input type="checkbox"/> Mold Plate Test Kit |
| <input type="checkbox"/> Thymic Formula | |

NOTE: The products recommended have been thoroughly tested and researched by Dr. Donald P. Dennis for his patients. The EC3 products offerings are ones that Dr. Donald P. Dennis has been instrumental in formulating and has seen great success with when used by his patients. The Micro Balance Health Products website is setup to provide a one-stop shopping portal for the products need to follow Dr. Dennis' protocols for combatting chronic sinusitis that he firmly believes is directly related to mold and fungus in the environment in conjunction with increased sensitivity to molds/fungus and some foods.



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Sinusitis Protocol: Moderate Symptoms

Protocol Instructions & Explanation



You will use these products together. Grossan Hydro Pulse, CitriDrops and Distilled Water. Use the Nasopure Sinus Wash when traveling or for convenience.

SALINE WASH WITH CITRIDROPS:

INSTRUCTION:

Use a saline wash system such as Nasopure with CitriDrops Dietary Supplement 2X day or more if needed. Continue for 3 days past “well” so you do not relapse.

Use 1 drop of CitriDrops per ounce in your normal saline wash (follow product instruction).

Use DISTILLED WATER - not tap water.

***If you have frequent nasal congestion I recommend using the Grossan Hydro Pulse, it does the best job of washing out the sinuses.*

WHY:

Saline wash in combination with the antifungal properties of CitriDrops is a gentle and highly effective way to soothe and rinse your sinus passages and remove fungus as well. You are actually washing dust and spores from your nasal passages that would otherwise cause or continue to cause irritation and illness.

The reason you use DISTILLED WATER instead of tap water is because of the levels of chlorine in regular tap water. Chlorine destroys the cilia lining the sinuses and the good bacteria in the nose allowing Candida to over grow and cause more inflammation.

(Note: we do not recommend the use of a Nettie Pot for chronic sinus sufferers, because it is not thorough enough for our protocol and can cause the irrigation to go into the middle ear via the Eustachian tube in the back of the nose. There have even been cases of death linked to the use of Nettie Pots and using water containing amoebas.)

CITRIDROPS NASAL SPRAY:

INSTRUCTION:

Use 3 sprays of CitriDrops Nasal Spray in each nostril, 2 times a day. You may use up to 4X day if needed. This maintains sinus health.

WHY:

The antifungal properties of the citrus seed extracts in this product has been effective for my patients who want to remove and reduce fungus/mold in their sinuses. It is non-addictive.



THYMUS SUPPLEMENT:

INSTRUCTION:

First 3 days - 1 tablet 1X a day after full meal;

Next 3 days - 1 tablet 2X a day after full meal

> If you are sick and if you have no adverse effects, increase dose to 3 tablets 2X a day after full meal, continue until well. Once well, you may continue using 1 tab 2X a day. If you experience any negative results, such as stomach pain or constipation, reduce the dosage or discontinue use.

WHY

Thymic Formula is an all natural formula which bolsters your body's natural defense system by helping your body make antibodies which fight infection. It does this by stimulating the Thymus Gland to produce thymus factor, which makes T-cells that fight infection, our bodies stop producing thymus in our 20s with no thymus being produced by age 50.

SUBLINGUAL VITAMIN D3 SUPPLEMENT:



INSTRUCTION:

Shake well before use. Spray 1 time under tongue, hold for 20 seconds and then swallow. Consume 1 to 2 times daily.

WHY:

In chronic sinusitis patients who have gut inflammation due to an IgG allergy to Candida, the gut inflammation causes decreased absorption of Vitamin D. Therefore the oral sublingual spray is absorbed better by these patients. Vitamin D3 Mouth Spray is great for those allergic to gluten or gliadin and suffering from Candida. The cell wall of Candida has the same amino acid sequence as gluten, so when you eat gluten in grains, it activates an immune reaction to Candida in the gut which causes gut inflammation and food allergies which cause more gut inflammation so that the absorption of Vitamin D is markedly decreased, which leads to decreased bone mass. So Vitamin D supplementation is very important at about 5000 units per day. ... If you're sick, you want to keep your levels at 80-90 ng/ml."

Environmental Treatment Protocol for sufferers of Slight Sinusitis

ENVIRONMENTAL PROTOCOL

IF not improved, see your Doctor. If mold counts exceed 0-4 colonies per hour after treatment, or you still feel bad in your home or office, seriously consider getting out of the house or other environment and not taking anything with you that has not been washed in Micro Balance EC3 Laundry Additive (you don't want to bring anything with you that is not decontaminated first.) for a 1 month period to see if you begin feeling better in a documented safe environment--one documented by mold plate testing. This may be extreme, but for those who are SEVERELY SENSITIVE it is sometimes the right choice to make.

From your answers it may be quite likely that mold in your environment will be a likely culprit contributing to your chronic sinusitis. Tracking down and removing/controlling the mold exposure is key.

TEST FOR & LOCATE MOLD SOURCES:

Use Mold Plates to test your environment for the presence of mold. The Environmental Kit at left from Micro Balance comes with 4 plates. You may also want to order a second box of 10 test plates. You should get a good count or places you want to test before ordering. You will also want to re-test after you remove mold to ensure that the process in fact worked.

There are two environmental mold plate tests, an **air test** where you leave the mold plate opened for 1 hour and a **TAP test** for contents where you open the mold plate and TAP the item (clothing, mattress, sofa, carpet, animal) three times firmly with the media side facing down towards the object being tested. Both of these tests need to be 0-4 for people with slight or moderate or 0-2 for people not improving at 0-4 and who score severe to moderate on the evaluation test.

GET RID OF MOLD:

Micro Balance EC3 Mold Solution Concentrate spray is great as a DIY or temporary solution. Non-toxic and effective. Again, depending on your situation you may want to order extra. You will need a large sprayer or a household type sprayer once the concentrate is mixed. Or locate a professional remediator in your area, be sure to discuss fully their methods. see protocol

Your clothes (even your clothes washer) can be a source of mold contamination. Front loader washers grow mold; there are class action lawsuits in the court system because of this. If you have one, I urge you to change it to a top loader. Also, do not get a steam function on the dryer - it also promotes the growth of mold. Use Micro Balance EC3 Laundry Additive to combat mold and fungus spores.

USE AIR FILTERS:

Use Micro Balance EC3 Air Wicks with a HEPA air filter (like the Hunter model) that has its airflow blowing out of the top, if not use the Micro Balance Air Wick Dispenser

USE EC3 CANDLES:

Burn Micro Balance EC3 Air Purification Candles in each room you spend 1 hour or more in per day. Burn the candle 3 hrs. the first day 1 then 1 hr. each day thereafter until candle is used.

Environmental Treatment Protocol: Specifics

CRAWL SPACE TREATMENT:

Get a professional to properly inspect your crawl space. Water entry should be stopped from the outside, not with sump pumps from the inside. For a temporary solution, install a vent fan so the air is pulling across the crawl space. Be sure the vent fan exhaust is emptying into the yard in an area that you do not use. Install fluorescent lighting. This can be done until a professional can properly stop the moisture intrusion, treat, and seal the crawl space.

If you seal the crawl space it is imperative that it be done by an experienced professional who is trained in human environmental health, otherwise it is most frequently done incorrectly with substantial loss of time and money, and can cause more environmental contamination. Use only professionals trained in the environmental treatment of human airborne illness.

HVAC SYSTEMS:

Use professionals trained in the environmental treatment of human airborne illness.

HAVE YOUR HOUSE FOGGED:

Fogging will bring the mold count to zero within a hour. This should be done by professionals.

CARPET:

It is best not to have carpet in your home, mold grows in fabric. If you are trying to improve your environment to prevent illness, cleaning or vacuuming a carpet is like vacuuming your front lawn. It is a futile exercise for environmental health.

If possible, get rid carpet in all areas that you spend 1 hour or more per day. Replace carpet with tile or pre-finished solid wood, not laminate. If you must have some carpet, area rugs are an alternative and can be periodically washed, treated or simply replaced.

If you cannot afford to replace the carpet and you are moderately to severely sick on the sinus evaluation on this web site, get a professional to saturate the carpet with EC3 spray, cut it into small rows, put each row into a plastic bag, saturate the underlying floor with EC3, finish removing the carpet, then mop the floor with EC3, air dry. **The person who is sick should not be present during carpet removal.**

You can paint the floor with NO VOC floor paint and use small washable floor rugs until you can do something else. Meanwhile you will not be waiting to get well. This has worked well for many people.

FIND AND FIX AREAS THAT ALLOW MOISTURE INTO YOUR HOME:

Look around windows, pipes, etc. Also be careful with plants. Place them outside of your living area. Avoid standing water in plants or the drain pans that they sit on.

CLOSETS AND CLOTHING:

For **dry cleanable clothing** locate a cleaner who will fog them to remove mold, then dry clean them and return them. Place a HEPA filter in the closet with two (2) Micro Balance EC3 Air Purification Wicks on the outflow track, or use a Micro Balance EC3 Air Wick Dispenser. Hang clothes one inch apart.

Washable Clothes: Wash clothes with your regular detergent and add 1 oz. into the rinse cycle reservoir of Micro Balance EC3 Laundry Additive. The EC3 Laundry Additive can be used in addition to your normal bleaching

agents and is also safe in HE washers.

Place clothes in new plastic container with a top until you are able to decontaminate the clothing areas. Decontaminate your washing machine before starting. *See Washing Machine treatment below.*

DECONTAMINATE YOUR WASHING MACHINE FROM MOLD:

- Add 1 cup of bleach to hot water on the small load cycle, (with only water no clothes), and let the cycle run until it is complete. Many HE washers have a clean cycle - you will just need to perform weekly.
- Run a second cycle with hot water small load with 1 cup baking soda (NOT baking powder).
- Repeat weekly for maintenance.
- DO NOT GET A FRONT LOADING WASHING MACHINE. They have a problem with mold. If you own a front loader, check on the Internet to see if you have the make and model number involved in a class action lawsuit regarding the mold issues.
- LEAVE THE LID OF THE MACHINE OPEN WHEN NOT IN USE. This is very important in preventing re-growth of fungal spores.
- NOTE FRONT LOADER WASHERS HAVE PROBLEMS WITH RETAINING MOISTURE SO THAT THEY GROW MOLD NO MATTER WHAT TREATMENT IS DONE; **GET A TOP LOADING WASHER.** THERE ARE CLASS ACTION LAW SUITS VS. FRONT LOADER WASHER MANUFACTURERS. ALSO, DO NOT GET A DRYER THAT HAS A STEAM FUNCTION FOR THE SAME REASON..

BEDDING & FABRIC FURNITURE MOLD DECONTAMINATION:

It's best to replace these items because they cannot be decontaminated successfully in most cases. If you are unable to replace bedding, use a good HEPA-filtered vacuum and vacuum the mattress and box spring thoroughly, then spray with Micro Balance EC3 Mold Concentrate. Let dry. After 5 days tap test with a mold plate. If it still grows over 4 colonies in 5 days, discard the mattress. If the mattress is not contaminated, cover mattress, box spring and new pillows with the dust mite covers from National Allergy.

CAR TREATMENT PROTOCOL:

Cars are often a source of mold exposure and we recommend treating after rain and/or weekly for maximum safeguard based on your specific situation, this may vary.

If your car carpet gets wet in rain and was not dried immediately, it must be removed, or until you can change cars, saturate it with Micro Balance EC3 Mold Concentrate, and towel and fan dry it after about 1 hour.

If your car has a leak, you must replace it in order to stop your mold exposure.

Car treatment is done with the same Micro Balance EC3 Mold Concentrate you use for treating your home, but in the following manner:

1. Turn your fan on high using the car's air climate control system.
2. Press the button that makes the car suck the air through the vents from the outside. **DO NOT USE THE RECYCLED AIR SETTING; USE THE FRESH AIR SETTING.**
3. Standing outside your car, pass a tissue over the outside vents next to the windshield wiper and where you see the air pulled down into the vent is where you spray a large amount of the botanical concentrate, allowing it to be pulled into the vent system then delivered into the car.
4. Leave the doors open and the fan running for about 10 minutes.
5. Mist the entire inside of the car; seats, carpet, under seats, etc.

BEFORE MOVING INTO A NEW HOME, ALWAYS TEST WITH MOLD PLATES

When moving into a clean environment from a mold contaminated environment, NEVER BRING ANYTHING INTO THE NEW ENVIRONMENT UNTIL IT HAS BEEN DECONTAMINATED. Don't contaminate your new environment! This includes the clothing you are wearing.

It is best to discard all fabric items such as mattress, and sofas, all items that cannot be washed. Discard any wood items that have visible mold. All items must be sprayed down and cleaned thoroughly before placing in a clean environment.

If your environment was badly contaminated or you had severe systemic symptoms such as severe fatigue, joint or muscle pain, memory problems, GI bloating diarrhea, muscle weakness, bladder weakness, or hearing or visual problems, discard all items that cannot be washed in a machine. Start with Mold Test Kits then if the environment is contaminated move on to a mold remediation kit.

For all environmental health issues we recommend you consult a professional who is trained and certified in THE ENVIRONMENTAL TREATMENT OF HUMAN AIRBORNE ILLNESS.

We recommend Mead Indoor Envirotech in the Atlanta, GA area, as a reliable consultant for all environmental health issues @ 770-916-0070.

Sample Daily Schedule for those with MODERATE SYMPTOMS

This schedule is a guide only and to be used when you are sick. You should also be following the *Candida* Diet and ALCAT diet. You need to get gluten and sugar out of your system!

MORNING

Use Grossan Hydro Pulse with CitriDrops

CitriDrop Nasal Spray

Vitamin D3 Spray

AFTER/WITH BREAKFAST:

Thymic Formula - see instruction

MID-DAY

CitriDrop Nasal Spray

EVENING

Use Grossan Hydro Pulse with CitriDrops

CitriDrop Nasal Spray

Vitamin D3 Spray

AFTER/WITH DINNER:

Thymic Formula - see instruction