

# Sinus Allergies and Treatment: How Muscle & Joint Pain, Fibromyalgia, Gastritis, GERD Relate to Sinusitis

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Have you ever tried to fix a problem without really knowing the issue? It's frustrating isn't it? It always seems to take longer and cost more money than you expect. And, in the end, we think, "If only I had just known this simple fact this project would not have been such a big ordeal."

Medical problems are like that, especially when dealing with conditions such as muscle and/or joint pain, fibromyalgia, fatigue, memory problems, concentration difficulty, and intestinal problems such as bloating, gas, diarrhea, gastritis, and irritable bowel syndrome. It is hard to really know what is causing the problem.

If you have been dealing with these conditions for a while, I would like to give you a simple fact that could help you on the road to recovery. These conditions often have a correlated disease. This disease is more common than the common cold. And, if left unchecked it can become debilitating over time. The disease is **Chronic Sinusitis**, also known as Rhinosinusitis. This is important to know because people who have been diagnosed with Chronic Sinusitis are also commonly diagnosed with one or more of the other diseases mentioned above.

What they all have in common is Fungi.

Let's look at a couple of examples of why Sinusitis and these other conditions are linked. When an airborne fungus is inhaled it attaches to T-Cells and causes the body to produce an allergic response that can be destructive to cells inside the body. One of the areas that the fungal reaction targets is the pituitary gland, the pea-sized gland at the base of the brain that controls all hormones. When the pituitary cells are damaged they are unable to properly regulate the body's hormone levels causing fatigue, memory loss, and concentration problems. That same immune response also triggers the destruction of sinus tissue which results in pitting of the sinus lining. Those pits collect bacteria causing a sinus infection (Sinusitis).

Here is another example: When Candida, a single cell fungus, has been ingested and is living in the stomach and intestines, it triggers a hypersensitivity reaction that creates inflammation in the stomach, which in turn causes gastro-esophageal reflux disease or GERD. The inflammation also gives rise to food allergies, the side effects of which are bloating, gas, diarrhea, gastritis, and irritable bowel syndrome.

When there is an immune reaction to Candida in the gut, the inflammation caused by the immune reaction is often present in other areas of the body as well, especially in the sinuses, causing the Rhinosinusitis.

So by now you may be asking yourself "How do I know if fungus is the root of my problem?" The simple answer is to get an evaluation. By scoring your symptoms you will identify associated disorders that may be contributing to the severity of your disease. Then you can take steps to improve your immune system and gain control of all your symptoms restoring your sense of well-being.

[www.sinusitiswellness.com](http://www.sinusitiswellness.com) has created an evaluation tool to help determine if you are suffering from mold inhalation or ingestion. This tool is designed to look at your symptoms and create a semi-custom plan for you to deal with your problem. Of course you may need to see your regular physician, but you will be better informed when you do.

For more information or to take the evaluation, please visit us at [www.sinusitiswellness.com](http://www.sinusitiswellness.com)