

# Gentle Sinus Support Protocol

Wellness Solutions by Sonora

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## Supporting Natural Drainage & Reducing Inflammation

This protocol is designed to gently support sinus congestion, pressure, and excess mucus while allowing the body to clear naturally. It uses safe, gentle methods appropriate for most adults.

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### 1 Hydration – The Foundation

- Drink adequate water daily (unless medically restricted).
- Warm fluids such as herbal tea, warm lemon water, or broth can help thin mucus.

**Why it matters:** Mucus cannot thin properly without fluids.

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### 2 Saline Nasal Rinse

- Use a neti pot or saline squeeze bottle.
- Always use distilled or sterile water.
- Use 1–2 times daily during congestion.

**Benefits:**

- Flushes allergens and irritants
  - Helps clear thick mucus
  - Supports natural sinus drainage
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### 3 Natural Anti-Inflammatory Support (Safe for Most Adults)

Quercetin

- 500 mg, 1–2 times daily (as directed)
- Supports sinus inflammation
- Helpful for allergy-related congestion

### **Vitamin C**

- 500–1000 mg daily (as directed)
- Supports immune function
- Helps regulate histamine response

### **Bromelain (if tolerated)**

- 500 mg between meals (as directed)
- Helps reduce sinus swelling
- Supports mucus thinning

### **NAC (N-acetyl cysteine) (if appropriate)**

- 600 mg, 1–2 times daily (as directed)
  - Helps break up thick mucus
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## **4 Steam Therapy**

- Inhale steam from a bowl of hot water for 5–10 minutes.
- Cover head with towel to trap steam.
- Optional: add eucalyptus oil if not sensitive.

### **Benefits:**

- Opens sinus passages
  - Encourages drainage
  - Soothes sinus pressure
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## **5 Short-Term Support (If Needed)**

If mucus becomes excessive or uncomfortable:

- A short-term **expectorant containing only guaifenesin** may be used.
- Avoid formulas containing decongestants.
- Use short term (3–5 days) and drink plenty of water.

Note: Specific brand examples can be provided during consultation if needed.

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## When to Reassess or Seek Medical Care

- Fever
  - Increasing facial pain
  - Severe headache
  - Symptoms lasting more than 10 days without improvement
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## Disclaimer

This handout is for general wellness guidance and is safe for most adults. It is **not a substitute for medical advice**. Always consult your healthcare provider before starting new supplements or if you have any medical conditions, are pregnant, or are taking medications.

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For questions or to schedule a consultation:

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Creating Optimal Health

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