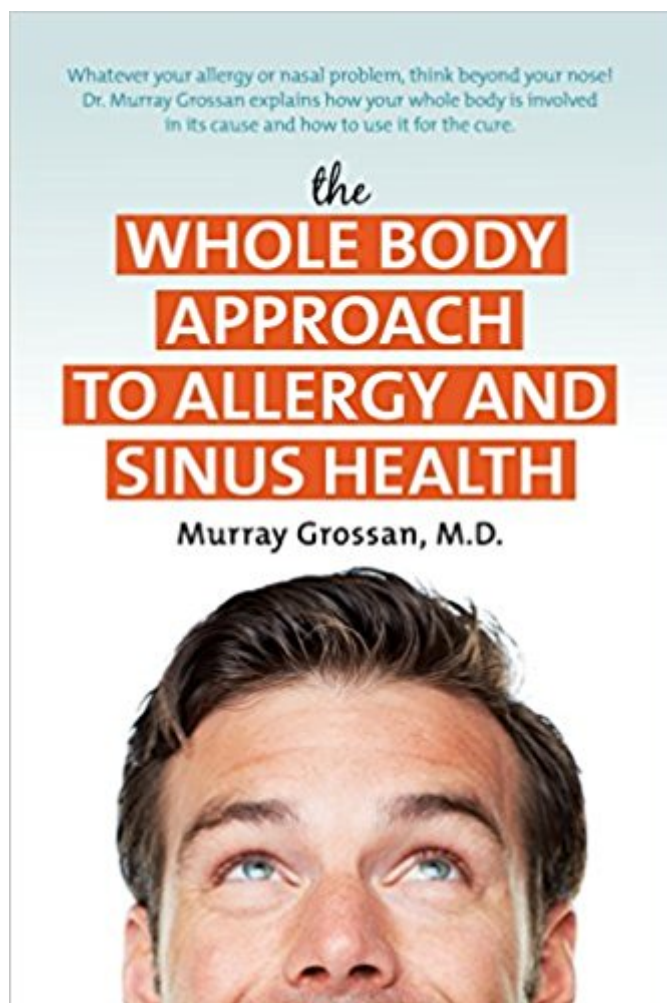


The book was found

The Whole Body Approach To Allergy And Sinus Health



Synopsis

The Whole Body Approach for everything from sinus headaches to postnasal drip, chronic pulmonary disease, pollution-induced bronchial inflammation, asthma, snoring, loss of smell or taste, surgery, pediatric issues and more.

Book Information

Paperback: 258 pages

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Average Customer Review: 5.0 out of 5 stars 8 customer reviews

Best Sellers Rank: #171,266 in Books (See Top 100 in Books) #43 in [Books > Health, Fitness & Dieting > Nutrition > Food Allergies](#) #3049 in [Books > Health, Fitness & Dieting > Alternative Medicine](#)

Customer Reviews

Board-certified otolaryngologist and head an neck surgeon at Ceders Sinai Center in Los Angeles. A nationally recognized expert and author.

Another home run from Dr Grossan
By way of background 25+ years ago I was referred to Dr Grossan. For the prior 5 years I had suffered from near continual sinus infections and congestion. . My work had me flying 2-4 days a week at 15,000 - 25,000 feet in un-pressurized aircraft and scuba diving on weekends. I had a near constant sinus infection and was a heavy user of decongestants and antibiotics. Within a few weeks I was using only the nasal irrigator and a few techniques he shared with me. Grossan's work with deep sea divers and pilots (along with the general public) paid huge dividends . During our conversations I learned that he worked with some of the North Sea divers doing saturation diving where clear sinuses were a matter of life and death. Highly recommended

This is a great book for anyone who suffers from sinus problems, allergies, headaches, congestion, frequent colds, etc. I have read Dr. Grossan's prior books and this one was an update to very

current information on whole body health techniques and tools, which I really appreciate. I have been dealing with allergies and sinusitis for so many years, and even in chapter 1, I learned some new things to try, and felt better after trying them. I continued to learn new things throughout the book, and I have read many books on these topics. Dr. Grossan really knows his stuff in this area, and he a great teacher. Highly recommend this book and his approach to respiratory issues. Thank you again Dr. Grossan for improving my health.

Very easy read. Full of interesting ideas and things you can try to help your sinus and allergy problems.

This is a great book for allergy/sinus suffering people (like me)

I bought this book & I love it so much , it's very clear & easy to understand , it help a me a lot

I just finished reading this book and love not only the natural remedies that Dr. Grossan provides for dealing with allergy and sinus issues, but also the stories that he shares about people he's worked with over time. It's easy to read and includes great information...from what creates problems within the nasal cavity to how to resolve them without using medications. A must-read for anyone who suffers from allergy and sinus ailments!

It works! After years of chronic sinus infections, repeated rounds of antibiotics, medications and progressively worsening allergies I am amazed and so happy that I HAVEN'T HAD A SINUS INFECTION IN YEARS THANKS TO DR. GROSSAN'S APPROACH!! I had been seeing a top ENT in Los Angeles and for years suffered from about 5 sinus infections per year, chronic allergies and hated having to take antibiotics and Medrol packs so often. After years of that standard approach I remembered about Dr. Grossan. I had met him in the early 1990s after a scuba diving injury. My dive insurance referred me to Dr. Grossan and he cured my ear injury! So, I went to see him several years ago and he basically treated me with the approach in this book and I have not had a sinus infection since then! Not only is his approach simple, it's cost effective and addresses more than one issue. Simply, it's brilliant! I am a physical therapist and many of my patients suffer from sinus issues, TMD, tinnitus, headaches etc. I am so happy to be able to share this book with them.

Dr. Grossan has a gift for connecting to the public in a comprehensible manner. This book is not

written in medical-ease, but in common everyday language. The book is bursting with real examples and practical advice covering a huge variety of ear/nose/throat issues.

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