

## Sinusitis and Rhinitis Protocol

### **Sinusitis Protocol:**

All the mucous membranes are intrinsically connected, so gut restoration is especially important for chronic sinus conditions.

[Hydrastis Nasal Spray](#) – 1 spray up each nostril twice to three times daily.

[C Boost](#) – 1-2 scoops (2-4 grams) mixed in liquid two times daily.

[Basictab](#) – 2-3 tabs twice daily in warm water on an empty stomach

### **Consider:**

[Serrapeptase](#) – 1 capsule once daily on an empty stomach (to break up mucous and biofilm)