

Catarrh

Contributed by Administrator
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Before commencing an anti-mucous diet, check that there are no anatomical reasons for this problem and no infection present. It is then always important to check for allergies. See Allergies.

Foods To Avoid.

Dairy products - milk, butter, cream and cheese.

Sugar and all refined carbohydrates (white bread, cakes, puddings, pastry, white pasta and rice, and anything containing sugar or white flour.

Fried foods.

Eggs.

Margarine.

Peanuts and Peanut Butter.

Foods To eat in Moderation.

Whole grain cereals (brown rice, buckwheat, millet, and quinoa)

Polyunsaturated vegetable oils (flax, safflower and sunflower)

Honey, barley malt and maple syrup.

Foods To Eat Plenty Of.

Fruit, fresh, dried or cooked.

All kinds of Salads.

Oil , Vinegar and lemon juice dressings.

All vegetables, raw or cooked (Do not overcook) especially onions, leeks and garlic.

Proteins : Pulses (beans, lentils and peas), nuts, all kinds of fish and free range chicken.

Some sensitive people develop mucous problems from soya beans and tofu and although not common, avoid these if you have adverse reaction.

Drinks.

All kinds of herb teas, especially Elderflower (Sambucus), Golden rod (Solidago), Mint (Mentha) and Plantain (Plantago).

Any coffee substitute, (Bamboo,Dandelion Coffee etc) with soya milk instead of cream. There is a cream on the market called soya dream and it really is very nice.

soya

Fresh unsweetened fruit and vegetable juices. A juicer can be useful here, buy a more expensive one as the cheaper ones have too much pulp and not enough juice which makes it very expensive .

Essential Oils to Use As Inhalation

Eucalyptus clears a stuffy head and nose and is antimicrobial.

Do not use if pregnant or breastfeeding. See also usage for children below.

Peppermint clears the head and alleviates congestion and stuffiness.

Sage dries the mucous membranes.

Thyme is anti-microbial all the way through the respiratory tract.

Place one to three drops of each oil in a stainless steel, china or glass bowl.

Pour on boiling water.

Place a towel over your head and inhale the steam. Be very careful to keep your head at a distance from the boiling water, it is very hot and the herbs are strong! Take shallow breaths and even come up

for air.

Continue inhaling steam until it cools.

For children. Place the bowl on the floor and hold the child firmly on your lap. Alternatively place the oils in a small saucer or burner and place on the radiator in the room. Essential oils can also be used in a humidifier or a diffuser. There are some very effective ones that can be bought from Boots or Argos.

See Oils in online shop.

Diet Advice.

- Avoid large, heavy meals.
- Avoid smoky atmospheres.
- Drink at least half an hour before or two hours after a meal.
- Eat garlic freely.
- Get as much fresh air and exercise as possible.

Supplements.

Vitamin C 1,000mg daily or to bowel tolerance.