

**SINUS** Survival™  
*Tutorial and Program Guide*

Your guide to a life free from sinus problems



---

## Part I: Solutions & Getting Started

---

Dr. Robert S. Ivker, DO, ABIHM, FAAFP

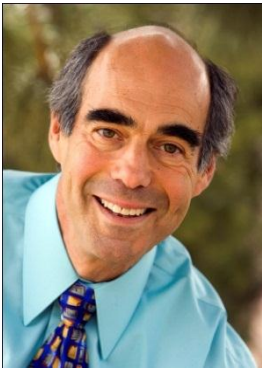
With

Dr. Todd Nelson, ND

and

Dan L. Gay

Executive, Contributor, Patient Input



## A Healing Journey of Surviving To Thriving

More than 30 years ago, after being given what felt like a *death sentence* by an ENT specialist, I made a commitment to myself to end the repeated sinus infection/antibiotic cycle and cure my chronic sinusitis.

In 1987, shortly after I'd successfully completed that mission using a holistic approach on myself and several of my patients, I decided to let the world's sinus sufferers know that *they did NOT have to live with the misery of sinusitis for the rest of their lives*, as millions of us had been led to believe.

I learned how to *love my nose, my sinuses, my mucous membranes, and my life*. This personal healing process (and that of many of my patients) has been recorded in the series of 4 editions of the book *Sinus Survival*, published in 1988, '92, '95, and '00. Since the most current edition of *Sinus Survival* is nearly 12 years old, I felt it was critically important to convey to sinus sufferers the most recent discoveries and updates to the Sinus Survival Program using the latest technology. I've collaborated with Dr. Todd Nelson, who has contributed to previous editions of *Sinus Survival*, and Dan Gay at Sinus Survival and Village Green. Together we have succeeded in creating an educational program along with the tools to implement the Sinus Survival Program, that is easily accessible to the world's sinus sufferers.

Through the past two decades, there have been significant *changes* in the perspective with which many physicians view the causes and treatment of chronic sinusitis – the **world's most common respiratory ailment**. This has resulted from:

1. The recognition that the vast majority of the most severe cases of chronic sinusitis are people who are suffering to some degree with *fungal sinusitis*.
2. My realization that the primary cause of a chronically inflamed mucous membrane is *repressed emotional pain* – predominantly anger, in addition to grief, fear, and shame.
3. The published research\* that demonstrates that the common medical approach to treatment with antibiotics is ineffective for treating sinus infections. And worse, repeated courses of antibiotics contributes to fungal sinusitis!
4. The creation of a number of safe and effective anti-inflammatory and anti-fungal natural supplements.

These changes have contributed to the most up-to-date, effective Sinus Survival Program yet!

After curing what I was told was an *incurable* condition, I now believe that *anything is possible!* Since 1988, the vast majority of my patients who have closely adhered to the Sinus Survival Program have seen similar results. You can too! We're providing you with the education and the tools you'll need to treat and prevent sinus infections, and often cure both

*fungus and chronic sinusitis.* Within three to six months of closely adhering to the Sinus Survival Program, individuals either feel much better or they've essentially cured their chronic sinusitis.

Your success depends upon choosing to make the commitment to caring for yourself in a way that you never have before. You'll learn to cherish yourself, as you nurture your aching, congested, and inflamed mucous membranes. Allow your sinuses and your heart to guide you to a dimension of health you haven't yet experienced; to realize your life's purpose; and to live the life of your dreams. Keep reminding yourself that you deserve this gift of compassion and healing, and you're the only one who can provide it for you. In this lifelong healing process that you've committed to, be more patient and forgiving of yourself and those with whom you share your life, and you'll be richly rewarded! Remember, *you and everyone else are always doing the best we can.*

Be Well,

**Dr. Rob Ivker**

Author of the bestselling, *SINUS SURVIVAL*  
Co-Founder & Past-President, American Board of Integrative Holistic Medicine  
Co-Founder, Respiratory Healer Network  
Past-President, American Holistic Medical Association

\*Garbutt JM, et al. [JAMA](#) 2012; 307(7): 685-692

\*[Williamson IG, et al. JAMA. 2007;298\(21\):2487-2496](#)



## Make a Commitment – Achieve Life-Changing Results

Dr. Ivker and I have collaborated on many projects together. I've had the privilege of researching, testing and consulting on the Sinus Survival products and solutions for over 20 years. I'm always impressed with the results of what patients achieve with this program. Many times the most dramatic results come from the most chronically challenged individuals who have exhausted their traditional medical channels in search of relief.

In the past, this was a time consuming process of education within the practice. Now you can immerse yourself into this healing process via your computer at home. For many, you will achieve great results on your own. For the chronically challenged sufferers, we encourage you to follow the program under the supervision of a trained Sinus Survival practitioner. The Respiratory Healer Network practitioners follow the same step-by-step solutions which get results. If your personal physician is unaware of this program, please ask them to contact us.

Are you ready to feel better than you have felt in many years? Because this program targets the root causes of your symptoms, not just symptom relief, you may surprise yourself on how great you can really feel. Follow the program, make a commitment to change, and you will feel, at a minimum, great relief. And if you are like most who follow the program, you could have a life-changing result!

Good Luck,

Dr. Todd Nelson

Co-Founder, Fully Alive Medicine

Co-Founder, Respiratory Healer Network

Co-Author, Asthma Survival, Headache Survival, Arthritis Survival

Contributing Author, Sinus Survival



## **My Story – A Similar Story to Thousands, Just Like You**

Little did I know that my sinuses would lead me to a stepping stone to a new level of health, a renewed commitment for competing again, a new career change and a passion to help others who have the same affliction that I had. I was a sinus sufferer for over 20 years. I had a list of symptoms which probably match the ones that you have right now. Those symptoms would never seem to go away. Year after year my condition seemed to get worse. I had frequent sinus infections and I seemed to always have the sinus pain, pressure, congestion and post-nasal drip. The headaches would make me irritable (just ask my family), the pressure affected everything I did. I had severe allergies, and just about any scent or perfumes would give me a headache. My accepted normal over the years was certainly far from normal.

My sinus journey led me to sinus surgery 10 years ago (which did not solve my problem). I also saw many different doctors in my quest to find relief. The routine was the same for any new doctor that I would see: prescribe more antibiotics and nasal steroid sprays, or another prescription drug. If a past antibiotic didn't work, I was prescribed a new stronger antibiotic. I was in a constant state of frustration with a laundry list of symptoms. The bizarre thing, now that I look back at it, is that no one tried to address the root cause of my condition!

Fortunately, my wife and I attended a lecture on asthma by Dr. Ivker regarding our daughter. Dr. Ivker's lecture made common sense; his focus was on isolating the root causes

of asthma. (My daughter has since achieved exceptional results with her asthma as a result of following a similar plan to mine). My wife urged me to call Dr. Ivker afterwards regarding my sinuses. I did and I committed to following the Sinus Survival Program. After the first 3 months I could not believe how great I felt. At six months, I felt like a different person altogether. That was 4 years ago. I went from 4 or 5 sinus infections a year, to eliminating them altogether (not one in 4 years since then). I eliminated a host of symptoms, including those like indigestion, which I didn't know were even related.

I became intrigued with how I might help to expand the successful Sinus Survival Program to help others via the web. I'm very excited that many others will now have the opportunity to transform their lives and their health. There is hope, believe me. You no longer have to settle for what you might describe as, "your accepted normal."

Best of luck in your healing journey!

Dan Gay  
Chief Marketing Officer  
Village Green/Sinus Survival

## Introduction: "You Don't Have to Live with This"

Imagine Breathing Freely, through your nose. Feeling Energized AND healthier than you've ever been. I'll bet you haven't felt that way in a long time. Imagine eliminating the CAUSES of your symptoms – for good. What if you could build a super-strong immune system to prevent infections. Imagine feeling FULLY ALIVE!...Because you can!

Are you sick and tired of being sick and tired? I hear that comment from many of my patients, and assume there are many millions of sinus sufferers who feel similarly. That's why we've created this Tutorial. It provides you with the same guidance and recommendations I offer my patients.

If you're willing to closely adhere to this treatment program for the next 3 months, you too, will have an excellent chance of freeing yourself from the misery of chronic sinusitis. Even a

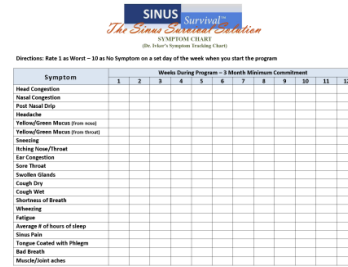


shorter period of time will result in significant improvement. Just think about how many months and years you've been suffering with this condition. Three months is a relatively brief commitment to make given the potential rewards. Think about it...are you ready to feel healthy again, possibly better than you've ever felt in your life? Get Started by following the first

Sinus Survival Guide – Part I.

## Your Strong Commitment to the Program = Your Success

For those who have just have the occasional sinus infection or sinus pain or congestion, you now have the all-natural solution to your rescue. For those who want to eliminate those symptoms from returning or if you are a chronic sinus sufferer, follow these first steps, then order the full tutorial and gold membership program. For those with recurrent symptoms this should be viewed as if taking a new Course of Study. You'll be successful by fully committing yourself to the program. And you'll have the Symptom Chart to track your progress and closely monitor your improvement.



**SINUS Survival<sup>SM</sup>**  
*The Sinus Sufferer's Solution*  
BY WENDY TRASK  
(Dr. Trask's Step-by-Step Tracking Chart)

Directions: Rate 1 as Worst - 10 as No Symptom on a set day of the week when you start the program

Symptom	Weeks During Program - 12 Week Minimum Commitment											
	1	2	3	4	5	6	7	8	9	10	11	12
Head Congestion												
Nasal Congestion												
Post Nasal Drip												
Headache												
Yellow/Green Mucous Drain nose												
Yellow/Green Mucous Drain throat												
Itching												
Itching Nose/Throat												
Ear Congestion												
Sore Throat												
Soreness Glands												
Cough Dry												
Cough Wet												
Shortness of Breath												
Whistling												
Fatigue												
Average of hours of sleep												
Sinus Pain												
Trapped Goo/Fluid with Plug(s)												
Bad Breath												
Mucus/Post-nasal												

**Recurrent Sinus Sufferers:** To change your current condition, you must be committed to making changes in your daily routine. To eliminate your condition and to get the maximum benefit, please follow each step. You will be rewarded with each new level of commitment that you make. The complete program provides the 10 elements to great sinus health. As you move up the pyramid to optimal health you won't believe how much better you will feel.

## The Goals of the Program

### Reduce or Eliminate:

- All of the Causes of Your Symptoms
- Inflammation of the Mucous Membrane
- Candida Overgrowth/Fungal Sinusitis

### Plus:

- Strengthen Your Immune System
- Develop an Action Plan to Prevent Colds and Sinus Infections
- Feel Energized and Healthier Than You Have Been in Years

# Getting Started: Your First Two Weeks

The following are the first components of the Sinus Survival program included in Paid Gold Member area to get you started – for FREE. Eliminate a sinus infection or cold and get started to eliminate sinus inflammation by following the good sinus hygiene steps.

1). **Fill out the *SYMPTOM CHART*** provided below. This will help to mark your progress.

2). **If you are a chronic sufferer TAKE THE CANDIDA QUESTIONNAIRE**

**Go to *MY TUTORIALS* on the membership site. Watch the first (5) Videos.**

- ***Dr. Crook's Candida Questionnaire -***

If you score high on this questionnaire, there are two steps to addressing this common, but challenging condition: 1). Follow the Quick Fix components for the first two weeks and, 2). Follow the Fungal Overgrowth Program beginning in week 3 (included in the Gold Member Program).

3). **Review *MY QUICK FIX* below to get started:**

- ***My Quick Fix -***

If you have a cold or a sinus infection, implement *The Quick Fix* program to start healing your inflamed mucous membrane (lining your nose and sinuses). This all-natural program addresses:

1. Eliminating an infection
2. Healing your inflamed mucous membrane
3. Strengthening your immune system

This may be the first time that you've eliminated a sinus infection without antibiotics. Dr. Ivker's program will begin to heal your aching and inflamed mucous membrane, while reducing the severity and time to healing an infection quickly. As Dr. Ivker states, "Antibiotics don't work for a sinus infection".

- ***Products -*** To implement the Quick Fix, order products at [www.sinussurvival.com/products](http://www.sinussurvival.com/products). Use code: sinussurvivalsilver to receive 5% off products. (Gold Members receive 10% to 15% off through monthly Gold Member Only discounts).

4). **Sinus Symptoms with or without an infection**

- ***Core 4 Bundle - (listed under Products)***

If you have sinus symptoms, without an infection, get started with the Core 4 Bundle to implement your daily nasal hygiene.

5). **Eat Non-Inflammatory Foods - Reduce Inflammatory Foods -** see special section.



# The Quick Fix: For Colds & Sinus Infections

*Plagued by continual sinus symptoms?*

*You'll breathe easier with*

## **The Sinus Survival "Quick Fix"**

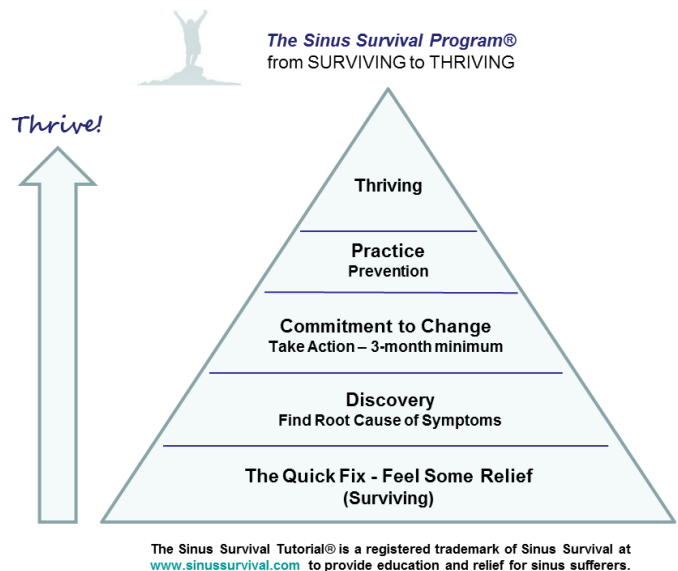
*Your first step toward real sinus relief...*

**The Sinus Survival Quick Fix** lets you "jump start" your sinus relief program and take decisive action toward solving your sinus issues – once and for all.

**The Sinus Survival Thriving Pyramid** (right) is a model that has helped thousands of sinus sufferers understand and solve their sinus problems, and now it can help you. If you have sinus symptoms that keep coming back, or never really go away, it's time for you to experience true relief!

Unfortunately, the widely accepted methods of medical treatment, and the medications commonly used by sinus sufferers, can actually backfire – keeping you on a continuous cycle of relentless sinus misery, year after year.

But the **Sinus Survival Tutorial**®, supported by our Respiratory Healer network of doctors, is designed to address the root causes of your symptoms to bring true, long-term relief. These methods are supported by all-natural products and therapies that can help you feel "fully alive" and let you truly thrive for the first time in years.



You can start your own journey up the pyramid with the **Quick Fix** steps outlined below. When you're ready to move farther up the pyramid, follow the **Sinus Survival Tutorial**®, a 90-minute online self-help and educational tutorial available only to GOLD LEVEL MEMBERS.

## The Quick Fix in 10 Simple Steps

**How to Get Started on the Road to Relief**

As you can see, the first level (the foundation of the pyramid) is **The Quick Fix**, and it is the basis for creating long-term sinus relief. The 10 steps outlined below will help you survive your immediate sinus crisis by:

- ✓ **Reducing inflammation**
- ✓ **Relieving congestion**
- ✓ **Strengthening your immunity**



**Breathe easier, and get the most effective quick relief, just by taking these basic Sinus Survival steps.** The supporting products are available at [www.sinussurvival.com](http://www.sinussurvival.com).

- 1) Steam Inhaler (enhanced with natural aromatic oils) [Sinus Survival Steam Inhaler](#)**  
For 20 minutes, three times daily with a bad cold or infection, use a steam inhaler. Add 1 to 2 sprays of [Sinus Survival Eucalyptus](#)<sup>®</sup> into the steamer's water chamber every few minutes. For even better results, add two drops each of Peppermint Oil and Tea Tree Oil as well. This method provides warm mist relief to open and moisturize dry, swollen mucous membranes. Use daily thereafter.
- 2) Irrigation with the [SinuPulse Elite](#)<sup>®</sup>**  
After using the steam inhaler, use the SinuPulse Elite Nasal Irrigator to gently flush the thick infected mucus from your sinus cavities. Pulsatile irrigation has proven to be the most effective method for nasal irrigation (follow the SinuPulse Elite directions for use). Use daily or whenever you feel sinus pressure thereafter.
- 3) Drink lots of water**  
For every pound you weigh, drink at least ½ ounce of water daily. (Filtered or distilled water is preferred.) Proper hydration is essential to help your sinuses drain, keep the membranes moist, and heal.
- 4) Anti-Inflammatory Relief: [SinuThyme](#)<sup>®</sup>**  
Take 1 capsule three times daily, before or between meals for a minimum of 10 days. This herbal blend supports sinus health and function.
- 5) Fast Direct Relief: [Sinus Survival Spray](#)<sup>®</sup>**  
Spray 1 to 2 times in each nostril as frequently as every 1 to 2 hours with a bad cold or sinus infection. This all-natural botanical mist spray is anti-viral, anti-fungal and anti-inflammatory. Use the spray daily to support long-term sinus health.
- 6) Congestion Relief: [Sinus Essentials Oil \(Peppermint and Jojoba Oil\)](#)**  
Immediately after using Sinus Survival Spray, rub a few drops of Sinus Essentials oil between your index finger and thumb; then swab your index finger and thumb on the outside of your nostrils. The medicinal action (stimulates blood flow to the mucous membrane) enhances [Sinus Survival Spray](#), and brings quick relief to congested sinuses.
- 7) "Nature's Antibiotic": [Allimed](#)<sup>™</sup>**  
Take 2 capsules 3 times daily for 10 days. *Allimed* is an all-natural, highly concentrated form of allicin derived from garlic. Studies have shown it to be an effective means of treating both viral and bacterial infections, and fungal conditions, without side effects (unless you're allergic to garlic).
- 8) Vitamin C (Preferably Ester C)**  
A natural anti-inflammatory as well as an antioxidant, while also strengthening immunity. Vitamin C should be taken three times daily with meals (6,000 to 12,000 mg total, in three divided doses, for 5 days, then decrease to 3000 to 6,000 mg daily).
- 9) Pathway [Vitamin D3](#)**  
For still more immune support, take 20,000 I.U. of vitamin D3 for 3 days, then decrease to 5,000 to 10,000 I.U. per day.
- 10) Improve your diet.**  
It's essential that you eliminate inflammatory foods, as well as foods that encourage growth of candida (yeast/fungal) organisms. Go to the Diet Tab in your Membership to review which foods are inflammatory to your sinuses. <https://myvillagegreen.customerhub.net/>

# The Overuse of Antibiotics

by Dr. Rob Ivker, DO, ABIHM  
Author of best-selling *Sinus Survival*

During the past decade there have been several published studies in highly respected medical journals documenting the ineffectiveness of antibiotics for treating acute sinusitis, more commonly known as a “sinus infection.”

The latest study was published in the current Journal of the American Medical Association (JAMA). Lead researcher, Dr. Jane Garbutt at the Washington University School of Medicine, provides a similar conclusion. Dr. Garbutt states, “There is not much to be gained from antibiotics.” The placebo group in the study actually had better results than the antibiotic test group after 10 days: 78% of antibiotic test group and 80% of the placebo group no longer had symptoms. The specific antibiotic evaluated in this study was Amoxicillin, by far the most heavily prescribed for sinus infections.

Another study published in JAMA in December 2007, concluded as follows: “The study should lead to a reconsideration of antibiotic use for acute sinusitis (sinus infection). The current view that antibiotics are effective can now be challenged, particularly for the routine cases which physicians treat,” said lead author Dr. Ian Williamson of the University of Southampton in England.

In my clinical experience as a family physician for the past 40 years, I’ve not only observed the increased ineffectiveness of antibiotics in treating sinus “infections,” but more importantly, the exacerbation or worsening of the patient’s condition following multiple courses of broad-spectrum antibiotics.

Since 1993 I’ve been treating patients suffering with severe chronic sinus symptoms and describing their condition as a candida or yeast overgrowth. The Mayo Clinic, in a landmark study published in September 1999, began using the term *allergic fungal sinusitis* to describe a very similar condition. Their lead researcher, Eugene Kern, MD, concluded that “we need to look at the cause of chronic sinusitis as more than simply an anatomic or bacteriologic problem, but as an immune dysfunction mediated by a fungus.”

Chronic sinusitis is currently the world’s most common respiratory condition with more than 40 million sinus sufferers in the US alone. Primary symptoms can include nasal and head congestion, post-nasal drip, headache, irritability, diminished energy, smell and overall quality of life. Although it’s not a terminal disease most people with this diagnosis feel *miserable* a good bit of the time. And worst of all, most have been told by their physicians that they’ll have to learn to *live with it*.

Conventional medical treatment, consisting of antibiotics, corticosteroids, and sinus surgery (as a last resort) has been largely ineffective in curing this condition. The vast majority of people with chronic sinusitis typically have from one to three or more acute “flare-ups” per year which they and their physicians assume is an infection, and in spite of the Mayo Clinic

and the conclusion of the other important studies (two of which I've mentioned above) are reflexively prescribed antibiotics to treat the problem. However, in the vast majority of cases these patients do NOT have a bacterial infection that would respond to an antibiotic. It's nearly always caused by either a virus (typically a cold virus) or some other allergic or environmental trigger causing *severe inflammation of the mucous membrane* lining the nose and sinuses.

Rather than treat the underlying cause (inflammation) of these uncomfortable symptoms, antibiotics instead dramatically reduce the probiotic population – the beneficial bacteria living in a homeostatic relationship with candida (yeast/fungus) organisms in the respiratory and GI tract. This reduction, coupled with the fact that the good bacteria are the “natural predators” of the candida (primary food source for the probiotics), then creates a significant imbalance and a *candida overgrowth*.

Candida, living in normal balanced populations with probiotics pose no health hazards. However, when they're allowed to overgrow they begin to release toxins. These toxins can have a devastating effect on the surrounding tissue, causing severe inflammation to the lining of the respiratory and GI tracts, as well as throughout the body, e.g. inflammation of joints and muscles, multiple food sensitivities and environmental allergies, extreme fatigue, weakening of the immune system.

For nearly twenty years I have been treating this condition in the majority of patients suffering with severe chronic sinusitis along with frequent episodes of acute sinusitis. Although a definitive diagnosis remains elusive (we still do not have a consistently reliable laboratory test to confirm the diagnosis of candida overgrowth), I have repeatedly witnessed dramatic improvement in over 90 percent of my patients after administering an aggressive anti-fungal Candida treatment program. My own published study (Ivker, RS, Silvers, WS, Anderson, RA. Clinical observations and seven and one-half-year follow-up of patients using an integrative holistic approach for treating chronic sinusitis. *Altern Ther Health Med.* 2009;15(1):36-43) reinforces these findings.

Antibiotics can certainly be life-saving and miraculously therapeutic when used appropriately. But the evidence seems abundantly clear...physicians are over-prescribing them, and in so doing are often creating more serious health problems for their patients. Unfortunately that's not the only source of our antibiotics. They can also be found in our food – beef, poultry, pork – and even in municipal water supplies. They are surely a powerful class of drugs, but must be used with more discretion for they can also have catastrophic side-effects.

According to a 2008 article in *Clinical Infectious Diseases*, more than 142,000 people are rushed to the emergency room each year from adverse reactions to antibiotics, and an estimated 70,000 of those cases may be a result of *unnecessary* antibiotic prescriptions. Over 100,000 Americans *die* every year from prescription drugs, many of which are antibiotics. In fact, medical treatment is the third leading cause of death (250,000 per year) in the U.S., behind heart disease and cancer.

There are over 13 million antibiotics prescribed each year in the U.S. for sinusitis. As a result of the overuse of these drugs we can develop a resistance, and sinus patients are often prescribed refills or a stronger antibiotic. They may find themselves feeling worse as a result of developing fungal sinusitis.

Children are more likely to suffer side effects such as diarrhea and abdominal pain from antibiotics. In addition, recent studies have repeatedly shown that antibiotics are not effective for most middle ear infections, while also increasing the likelihood of additional ear infections.

Fortunately there is a natural antibiotic-free treatment option that has worked well for my patients and readers of *Sinus Survival* for nearly 25 years. By adhering to the Sinus Survival Program, individuals can significantly reduce the severity and duration of a cold, and often prevent a sinus infection. However, if they do develop an infection, the same protocol is used, with similar results... a shorter and less severe sinus infection. And there are no harmful side-effects using this natural approach, which includes anti-infective and anti-inflammatory herbs, supplements, dietary recommendations, and nasal hygiene.

There are nearly ½ million individuals who have at least significantly improved their sinus condition by applying the treatment information presented in the four editions of *Sinus Survival*. Many have actually *cured their chronic and fungal sinusitis* using this life-changing holistic approach. You now have the Dr. Ivker Quick Fix program to address a sinus infection without antibiotics. If you have more than one sinus infection in a year, there is a good chance that you have a fungal overgrowth, which the treatment has been outlined in the Gold Member Tutorials available on [www.sinussurvival.com](http://www.sinussurvival.com).

***You don't have to live with this!***



# Anti-Inflammatory Foods:

## Reduce Your Sinus Inflammation

Dr. Rob Ivker, author of best-selling *Sinus Survival*, recommends that there are two things that you can do to decrease the inflammatory causative factors in your body: 1). Decrease your intake of inflammatory foods: processed sugars and starches, refined/simple carbohydrates, dairy, alcohol, white flour, processed foods, chemical sugar sweeteners, table salt, MSG, caffeine, and red meat; and 2). Increase your intake of anti-inflammatory foods. Add this combination to your routine for incredible health benefits. The top Anti-inflammatory foods:

**Coldwater fish**, especially Salmon, contain healthy omega-3s (Wild Alaskan Salmon is higher in omega-3s). Recommended 2-3 times per week. Also take a daily Fish Oil supplement. Other foods rich in omega-3's include: Soybeans, Flax Seeds, and Soybeans.

**Olive Oil.** Olive oil contains oleic acid, an anti-inflammatory oil. Oleic acid has also been shown to lower blood sugar and cholesterol. Buy extra-virgin olive oil, which is minimally processed. Replace all cooking oils with Olive Oil.

**Salads.** Spinach, dark-green lettuce, tomatoes and other vegetables are rich in vitamin C, nutrients and antioxidants that reduce inflammation.

**Vegetables.** Broccoli, kale, brussels sprouts, and cauliflower are packed with antioxidants and sulfur which the body converts into more antioxidants.

**Turmeric.** This spice is a popular with curry blends. It is also available in supplement form and a part of Sinus Survival Supplements.

**Ginger.** Peel off the skin on fresh ginger, then add a few thin slices to your favorite hot tea, especially with peppermint tea and honey.

**Cherries.** "Eat Red". Tart cherries known as the "Super Fruit" contain anthocyanin's, a powerful antioxidant packed with vitamin C, potassium, magnesium, iron, fiber and folate. The recent research conducted by the University of Michigan revealed a cherry-enriched diet may help lower body fat, total weight, inflammation and cholesterol – all risks for heart disease.

**Blueberries.** This delicious fruit is exploding with natural inflammation fighters. They are also believed to protect our brain

**Green Tea.** We've all heard of the benefits of green tea, it also has powerful anti-inflammatory compounds. Have one or two cups a day and follow those who are in the Centurion Club to live to 100 years of age.

**Garlic.** Garlic's healthful benefits have been known for centuries. Allicin, the primary active agent generated by garlic, is an anti-inflammatory, anti-viral, anti-fungal and anti-microbial agent, which is known as "Nature's Antibiotic". Used in cooking, you'll receive a healthful small dose of Allicin. The Garlic Center, in Sussex England, has now made it possible to now fully maximize the Allicin benefit. In the past, stomach acid has limited Allicin's full absorption. The Garlic Center's breakthrough is their ability to stabilize 100% of the Allicin. Just one odorless capsule is equivalent to 12 cloves of garlic. This powerful supplement is the **BEST OF SHOW** in this top ten group. Sinus Survival has worked with The Garlic Center to create a daily product called *AlliUltra* and a Physician's Strength product called *Allimed*. Dr. Rob Ivker, has been endorsing these Alli products to his patients with amazing results. Learn more at [www.sinussurvival.com](http://www.sinussurvival.com).

Here's to your good health!

## Part II Solutions: Climbing the Pyramid & Next Steps

If you're a chronic sinus sufferer or have frustrating sinus symptoms that return throughout the year, Dr. Ivker recommends following the Gold Member Tutorial program to address THE UNDERLYING CAUSES of your symptoms to enable you to eliminate those chronic symptoms – FOR GOOD! If you have more than one sinus infection per year, you most definitely would most certainly benefit from the full Gold Member program.

The Part II and PART III Sinus Survival Guide and FULL TUTORIAL VIDEO SERIES are available to Gold Members.

**Receive 45% off the one-Time Fee: Only \$49.99 -**

**it's an education for a life free of sinus misery.**

Go to [www.sinussurvival.com/products](http://www.sinussurvival.com/products). Click on the Tutorial box. During checkout use code: **gold45** at checkout to save \$40.00 off the \$89 retail price. Gold Members also receive Gold Member Only special discounts on all Sinus Survival Products!

### **1). The Sinus Survival Guide: Part II Solutions: Climbing the Pyramid & Next Steps.**

Available to Gold Members. This guide will help sinus sufferers to uncover the root causes of their symptoms. The overall program has been described as, "Life Changing", by the majority of those who have followed the program. For the sinus sufferer you will learn the overlapping layers which lead to chronic sinus congestion, sinus pain, inflammation, frequent sinus infections and a list of symptoms which may be plaguing you. It's an inexpensive education which can yield the most transformational results to feel great again.

**2). The Sinus Survival Tutorial Series:** As a Gold Member you'll watch the full Tutorial Series to learn what is creating your condition and to review how to get started to make incredible changes. The program is presented in steps to allow you to first eliminate infection, reduce inflammation, and strengthen your immunity. It is important to continue with the Quick Fix program on a daily basis before continuing on to the next steps. The following section requires a commitment to achieve success. It is the core component of the Sinus Survival Program. These next steps will help you to identify and better understand the root causes of your symptoms. This awareness will help considerably in motivating you to make the necessary changes to experience a major improvement and to continue your ascent up the pyramid to *Thriving!*



# Top Ten Components of the Sinus Survival Program: Solutions & Long-Term Results

Gold Members learn the 10 Components of the Sinus Survival Program: that we will present to you through:

- *The Sinus Survival Tutorial 7-Segment Video Series*
- *The Sinus Survival Guidebook Part I, II and III*
- *Supplements for Sinus Sufferers*
- *The Candida Treatment Program*
- *Motivational Videos for Sinus Sufferers*
- *10% off all Sinus Survival Products, Plus Free Specials*
- *Monthly emails with updates from Dr. Ivker*
- *A free 20 minute call with a Sinus Expert of Sinus Survival*

The first 4 tutorial segments focus on education, the cause and effect creating inflammation, and the multiple factors contributing to your chronic symptoms. The remaining videos target the solutions to target the underlying causes. It is an education of a lifetime.