

# Re: Sinusitis

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*Source:* <http://sci.tech-archive.net/Archive/sci.med.nutrition/2009-06/msg00049.html>

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- *From:* crisology <[crisology@xxxxxxx](mailto:crisology@xxxxxxx)>
  - *Date:* Sat, 6 Jun 2009 08:22:25 -0700 (PDT)
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On Jun 5, 1:40 pm, yes-...@xxxxxxxxxxx wrote:

I rest my case. Propaganda is created without the basic truth claims having been established. All else that follows from it is a fruit in apoke guessing game and as a recent thread discussed, based on the effective spread of gossip

More "guessing" and "gossip":

"Certain foods, particularly dairy products, may cause airway mucus to appear more viscous or increased in volume."

Diseases of The Sinuses A comprehensive Textbook of Diagnosis and Treatment. 1996, p. 224.

<http://books.google.com/books?id=Ht4J6mvKTwMC&pg=PA224&lpg=PA224&dq=decongestant+dairy&source=bl&>

"The correct diet plays an important role in the treatment of sinusitis. Most sinus sufferers with sinus trouble also suffer from acidity therefore their diet should be more towards the alkaline side." <http://www.sinuswars.com/newsletters/FoodsToBeAvoided.asp>

Just as there are some difficult-to-digest foods that cause excess mucus to build up, there are other foods, digested easily that naturally have the opposite effect.

"We investigated the effect of the fruits of *Poncirus trifoliata* (L.) Raf (Rutaceae) (FPT) on expression of pro-inflammatory cytokines by activated human mast cell line,... Our in vitro studies provide evidence that FPT might contribute to the treatment of mast cell-derived allergic inflammatory diseases." *Toxicol In Vitro*. 2006 Oct;20 (7):1071-6.

"A good, healthful diet including fruits and raw green leafy vegetables can help stimulate secretions and break up sinusitis."

Natural Herbal Beauty, Nov. 2008. <http://herbalbeauty.blogtells.com/2008/11/19/health-tips-for-sinusitis/>

"Eating more fruits and vegetables, the high water content, cleansing foods and less meat and milk products will create less congestion and

## Re: Sinusitis

more elimination." –Basic Body Detoxification and Cleansing, 2007, p. 5.

"When we eat a congesting diet higher in fats, meats, dairy products, refined foods, and chemicals, detoxification becomes more necessary." Basic Body Detoxification and Cleansing, 2007, p. 7.

<http://books.google.com/books?hl=en&lr=&id=mh6k0jWKR3sC&oi=fnd&pg=PA1&dq=sinusitis+fruit+diet+dairy&...>

Why retox after detoxing? It seems these authors are "guessing" the same thing I guessed when I eliminated sinusitis with acidifying, mucus-forming foods...

in place of demonstrated evidence based information.

For one prone to propaganda, it only remains which one buys into as there are those which contradict each other but each having choirs in full voice nonetheless.

Besides anecdotal reports I alluded to, I provided several other sources of evidence-based research On Jun 4, 4:43 pm:

1. Am J Physiol Gastrointest Liver Physiol. 2002 Sep;283(3):G521–8.
2. J Nutr. 2003 Nov;133(11):3499–503.
3. J Dairy Sci. 2007 Feb;90(2):541–6.
4. Altern Med Rev. 2006 Sep;11(3):196–207.

after Taka posted:

On Jun 4, 12:14 pm, Taka <taka0...@xxxxxxxx> wrote:

Reduce or eliminate animal products from your diet which are high in arachidonic acid that leads to the production of leukotrienes, an allergy trigger 1,000 times more potent than histamine.

Those sources I provided, detected mucus formation that results after consuming the common dietary mucinogen, cow milk. This went unrefuted as no alternative explanation was provided that contradicts the fact that dietary mucus is produced from consumption of the acidifying/proteinaceous milk product. Science doesn't start with 'proof', rather, science is about gathering evidence and developing an understanding to provide explanations. And for some– to actually use such information for diet choices. You may choose to go against the available evidence (unapplied or anti-applied science) but that makes as much sense as playing in traffic (when you're not sitting on your hands demanding proof) just because you believe there is no "proof" that you'll be hit by a vehicle. Now you're celebrating a 'rest[ed] case'.

Re: Sinusitis

I rest my case.

Since you refuse to respond to the evidence provided and refuse to provide contrary evidence, while demanding more evidence from others, this concludes another game of bash-the-mole.

Chris

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