



Sinus Survival: The Holistic Medical Treatment for Allergies, Colds, and Sinusitis

Robert S. Ivker

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Sinus Survival provides crucial guidance and information on such topics as:

- how to select over-the-counter drugs that won't do more harm than good;
- how to learn simple exercises that can aid sinus drainage; and
- how dietary and lifestyle changes can significantly relieve sinus and respiratory disease.

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