



Health Matters

by
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Sinus infections affect over 30 million of us a year. According to the Mayo Clinic, this type of infection is typically fungal in nature, not bacterial. Often antibiotics are prescribed, but unfortunately they destroy not only the harmful bacteria, but also the beneficial kind designed to naturally control fungal or yeast overgrowth.

In fact, the over-use of antibiotics exacerbates the incidence of sinus infections by promoting the overgrowth of yeast. As a result, our sinuses can become irritated, inflamed and swollen, causing painful pressure, congestion and possibly infection.

Xlear (pronounced **Clear**) is a gentle nasal mist containing a natural plant-based ingredient called Xylitol, which researchers in Finland have proven safely and effectively reduces sinus congestion, inflammation and infection by keeping sinuses clear of irritants, bacteria and yeast when used on a daily basis. **Kid's Xlear** is safe for all ages and is especially good for ear infections, too.

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