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# Sinus Relief Today - The Snot Manifesto



**by Mitchel Schwindt, M.D.**



## **Synopsis**

Sinus infections cause misery for the masses and result in over a billion dollars in doctor visits every year in the US. Understanding the basics and treatment options can relieve the symptoms quickly. 2nd edition includes a new section on the most common questions patients ask and a discussion of answers. Also updated and clickable table of contents. Go behind the curtain of medicine and see how doctors decide who needs an antibiotic and when further testing such as a CT scan is required. Certain treatments work better than others and learn how to save unneeded expense. Get the inside facts in the book. Mitchel M.D. is a board certified physician who writes extensively in addition to a full time clinical practice. His works can be found across the healthcare area as he has written multiple articles and often provides guest posts for a variety of medical blogs and websites. His passions are patient education, advocacy and nutrition.

## **Book Information**

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## **Customer Reviews**

The title of this book was the buying point for me. Having 2 asthmatics in my family, tissues are always on the shopping list. Good to have an understanding of what is behind all the "snot". An interesting read.

This book is comprehensive, but speaks in medical terms which can sometimes be daunting for someone to read through. It goes through specifics and has a surprising recommendation about getting a CT Scan - and that other things may be lurking behind symptoms. It is a great read, it is short, but it is great for people who suffer with chronic sinusitis, allergies, or have problems with a runny nose, or colds - and seek medical advice. It helps to be informed for when you go to the doctor! This is highly recommended for people who suffer with sinuses and sinus headaches and more.

While the headline was what caught my attention, this is a great book for the laymen who has a thirst for understanding the body and being able to speak to their physician intelligently. Some great tidbits that your Dr won't tell you. Thank you for using language that we all can comprehend.

Good information around a bunch of signs and symptoms and reinforces the fact that getting a second opinion is always a good idea. Author's story about his mother's headache and misdiagnosis by her doctor is moving. He insisted she get a second opinion and it saved her life. Also, some real good advice around a lot of sinus problems not responding to antibiotics. Some doctors are too quick to prescribe medications, unnecessarily sometimes. A good read if you or someone you know has chronic sinus problems.

This ebook is absolutely great! It helped me understand clearly what I was going through for years. The Sinus Relief Today has everything you need to know about sinus problems and how you can treat it effectively without having to spend so much. I'm really glad I got this book.

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