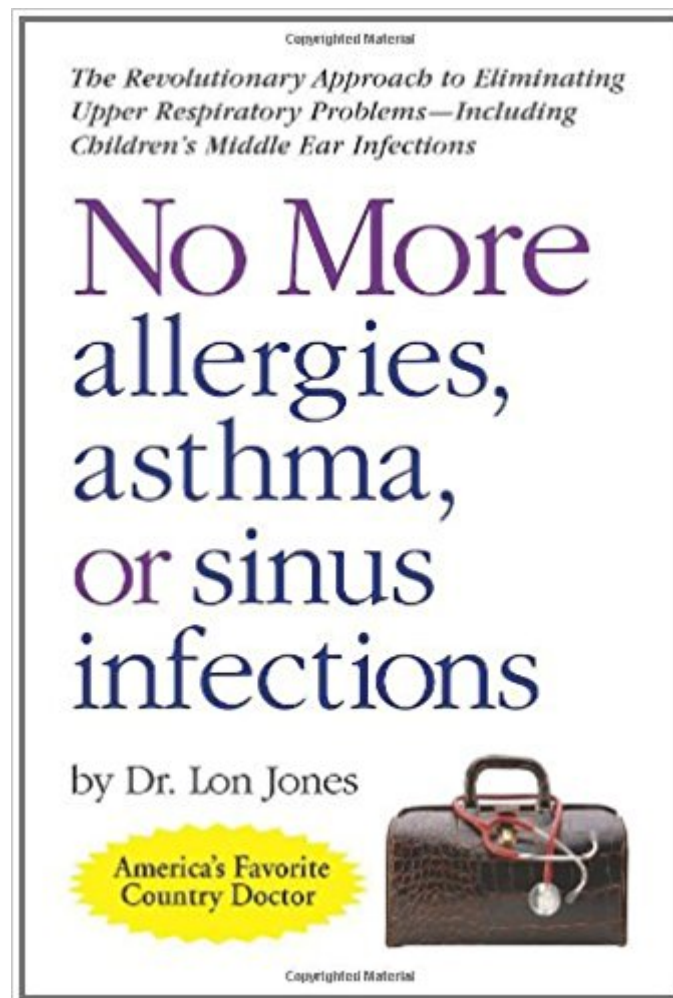




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# No More Allergies, Asthma Or Sinus Infections: The Revolutionary Approach



## Synopsis

Lon Jones, America's most famous country doctor and practitioner of commonsense medicine, shows you how to cure yourself of allergies, sinus problems and other upper respiratory conditions. Dr. Jones proven method using nasal xylitol also helps prevent children's ear infections and cavities. His natural solution is ideal for parents wanting to cut down on their children's use of antibiotics and other allergy drugs such as antihistamines and decongestants. It's as simple as keeping your nose clean!

## Book Information

Paperback: 160 pages

Publisher: Freedom Press (July 1, 2010)

Language: English

ISBN-10: 9781893910881

ISBN-13: 978-1893910881

ASIN: 1893910881

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 33 customer reviews

Best Sellers Rank: #475,635 in Books (See Top 100 in Books) #60 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases](#) #65 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory](#) #112 in [Books > Medical Books > Medicine > Preventive Medicine](#)

## Customer Reviews

"Dr. Lon Jones' simple advice and cures could save this country millions of dollars in health care costs." -- L. Stephen Coles, M.D., Ph.D."For a country doctor, Dr. Jones sure knows how to make things work when it comes to our kids' health. Must reading for any parent." -- Robert Scott Bell, D.A. HOM, host, The Robert Scott Bell Show"Dr. Jones' new work combines great writing with some of the most practical, important advice for parents nationwide." --The Doctors' Prescription for Healthy Living

This book is written for those having problems with any one of the many nasal related conditions common in our world today. It tells how to get rid of those problems by helping, really by optimizing, the already present cleaning mechanism we all have in our noses.If you have problems in the other

areas of the body that are open to the outside world and commonly infected--the GI or the GU tract--you may be interested in the solutions found in our other book, *The Boids and the Bees*.

Excellent information and easy to read book. I read this book during a time when I was beginning recovery from black mold exposure / poisoning at a large university I worked at (was exposed for about 1.5 years). The mold took residence up in my sinus and nasal cavities, and as a result, I began experiencing recurrent sinus infections that were quite horrendous (I never had a sinus infection before in my life). While going from one unhelpful doctor to the other (the fluticasone and azalastine didn't prevent the infections), I was trying every nasal spray and neti-pot solution I could find on and various health websites, and only got mild help from (I'd still contract sinus infections as a reaction to the tiniest amount of indoor mold exposure in random buildings I'd walk in, like the grocery store!). After reading this book, I tried the Xlear Xylitol nasal spray, and got so much relief from the thick congestion. The real benefit, though, wasn't immediate, as my sinuses began feeling more "normal" after about 3 weeks of daily use (2-3x a day). I haven't had a sinus infection since starting the Xlear and today my sinuses feel almost 100% normal (I say "almost" because my nose still reacts to indoor mold exposure, but the reaction is a lot milder than it used to be, and is easily remedied by liberal use of Xlear and Colloidal Silver immediately upon exposure -- so I keep a bottle of this stuff with me at all times!) The part of this book that I found really helpful was its description about the biofilm activity of Xylitol. I likely have/had what is called "MARCoNS" in my sinus cavities from the mold exposure, which is an antibiotic-resistant form of bacteria (it's resistant because of the biofilm surrounding the stuff); it made sense that xylitol would help gradually starve this bacteria out of my nasal cavity, as my nasal discharge is now back to being just thin and sticky. At any rate, this was a great book, and I found it very helpful!

Good info. I have chronic sinus problems for years, usually in November. But three years ago it became continuous. I went to an allergist and he could find no allergies, but gave me a steroid nose spray that did help. It did not stop the problem. I took it 4 months and stopped it, as I don't believe in long term steroid use. He had xrays taken and the sinus were clear, but he could see the heavy drainage. I read this book and started the procedures he recommends. I use a nasal rinse, for 1 second or so, every time I wash my hands. (1/4 teaspoon salt, 6 drops of grapefruit seed extract, 1 teaspoon xylitol). I also use several teaspoons of xylitol a day in coffee or tea. My nose is clear, and I can go out without it running while I talk to someone! I still have some chest congestion, but the book says it may take 6 months to help the lungs. I am delighted with the results so far. There is a lot

of other important information in the book. I highly recommend it.

I have tried allergy shots, operations to straighten the inside of my nose, an unending parade of over-the-counter pills and sprays that dry me up... I would be so stopped up at night I couldn't breathe. Nasal congestion led to sinus infections, then upper respiratory problems that were chronic and near-critical this spring. It wasn't until I began reading this book that I found, I hope, the solution to my problems. Dr. Jones explains, in basic terms, the why and how he discovered the pretty simple nasal spray he came up with. It doesn't mask the issue... it seems to fix it. The huge pharmaceutical companies aren't interested... anyone can put this together, and a spray is easily found in local health food stores and here on . If you have congestion issues, or a child with chronic ear infections, don't pass this book up!!

This book is an easy read with straight forward guidance on improving your health with simple methods. Especially important for babies/toddlers in daycare who get ear or sinus infections frequently, but good for any age person with sinus or allergy problems. If you want good health, read this book! I used to develop a sinus infection after a long car trip during the winter which required using the defroster. Not any more. I use the nasal spray. A clean nose is a healthy body. Also during the winter I use a humidifier beside the bed to keep healthy. This is explained in the book.

Easy read and very interesting!

I found this VERY USEFUL and I was able to subdue a sinus infection within hours using a xylitol spray, as described by the author. The product I used is called Xlear sinus spray. Use lots of it! It does no harm -- only benefit -- completely non toxic and used as food. THANKS VERY MUCH TO DR. LON JONES!!

Very convincing for the use of Xclear . The stuff really works!!!!

Works as stated and I am off my allergies meds.

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