



ADVANCED SINUS  
AND  
ALLERGY CENTER

1030 W. Higgins #325  
Park Ridge, IL 60068

## Manuka Honey Sinus Irrigations

Some patients continue to suffer from symptoms of sinusitis after maximal topical medical and surgical treatment for chronic rhinosinusitis (CRS). Manuka honey has well-documented antimicrobial and antifungal properties and has been shown to be particularly useful in patients with CRS due to bacteria that produce biofilms like *Pseudomonas aeruginosa* and *Staph aureus*.

You can purchase Manuka Honey on line at Honeydoc. The link is listed below.

[http://www.honeydoc.org/index.php?option=com\\_virtuemart&Itemid=11&lang=en&vmcchk=1&Itemid=11](http://www.honeydoc.org/index.php?option=com_virtuemart&Itemid=11&lang=en&vmcchk=1&Itemid=11)

You should do this twice daily for 30 days.

To make Manuka Honey Sinus Irrigations:

1. Dilute one rounded teaspoon of MH (Wedderspoon® 100% Raw Manuka Honey Active 16+) with 4-6 oz of lukewarm distilled or previously boiled water
2. Make 240 ml saline by adding one NeilMed® Sinus Rinse packet to distilled water (or to previously boiled water)
3. Add the dilute Manuka honey to the 240 ml of saline
4. Rinse slowly with the Manuka honey-saline mixture to maximize contact time between the sinuses and the mixture.