

## **Prevent Sinus and Allergy Problems this Fall**

*Fall allergy and sinus problems aren't only created by ragweed, trees and grasses. You have to look a little deeper in your house to find other culprits that may be wreaking havoc on your nose this fall. You could use a mask but go with the new all natural OTC, Sinol Nasal Spray.*

(PRWEB) September 25, 2006 -- The leaves are beginning to turn, the air gets cool, soups and chili becomes the food of choice. Autumn can be the most beautiful time of year, however, it's an allergy and sinus sufferers nightmare.

Fall allergy and sinus problems aren't only created by ragweed, trees and grasses. You have to look a little deeper in your house to find other culprits that may be wreaking havoc on your nose this fall.

"When you turn on your furnace, you distribute a lot of mold and mites that have been sitting there all summer," says Christopher Randolph, MD, associate clinical professor of allergy, immunology, and pediatrics at Yale University. "That's a very common problem for indoor allergies in the fall." Getting your ducts and vents cleaned can be costly \$200-\$400 depending on the size of your house but it may be well worth the money for people who have asthma and allergy problems.

But outdoors, experts say ragweed is king when it comes to triggering fall allergy symptoms.

"Ragweed is the No. 1 fall and late summer weed in most areas of the U.S. that causes fall allergies," says Clifford Bassett, MD, medical director of Allergy and Asthma Care of New York. "One ragweed plant can produce one billion pollen grains that can travel from 300 to 700 miles in the air."

"Since allergies are caused by an overactive immune system that begin with your nose there are some preventative measures that can be taken. You could wear a mask while raking, vacuuming or mowing or use our new Sinol Nasal Spray daily," said Paul Carpenter, President of Sinol USA, Inc. Sinol USA, Inc. has created an all natural nasal spray that desensitizes the mucous membranes in the nose and makes them less irritated by airborne particles and helping to relieve allergies and congestion fast. Sinol is much better than wearing a mask and it will keep your sinuses healthy and bacteria free. Sinol also works very well for indoor and outdoor rhinitis, and sinusitis sufferers," Carpenter stated.

Dr. Laura Rogers, an Allergist in Chicago, has been giving Sinol to her allergy patients. "Sinol has been very successful with my patients, Dr. Rogers commented. Sinol is not addictive and why not use the least invasive, least expensive, most effective, least harmful treatment?"

The active ingredient in Sinol is capsaicin, an ingredient that comes from the pepper plant. The capsaicin is blended with the aloe, sea salt, vitamin C, and eucalyptus making this new "preventative" OTC a hit with users. Capsaicin not only reduces pain, but it also stimulates secretions that help clear mucus from your stuffed up nose or congested lungs.

Capsaicin is similar to a compound found in many cold remedies for breaking up congestion, except that capsaicin works much faster. Once your congestion is broken up Sinol will continue to keep your nose clean and bacteria free.

If your allergies are acting up this ragweed season, grab this new product off the shelf or at internet sites like [drugstore.com](http://drugstore.com) or national allergy supply.



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