



# 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. Often antibiotics are prescribed, but unfortunately, they destroy the naturally-occurring beneficial bacteria designed to control fungal and yeast overgrowth.

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

**Xlear** (pronounced **Clear**) is a gentle nasal mist containing a natural plant-sourced ingredient call Xylitol, which clinical researchers in Finland have proven to safely and effectively reduce sinus congestion, inflammation and infection. Used daily, **Xlear** can help keep sinuses moistened, soothed and cleared of irritants and fungus. It's safe for kids and elders, too.

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