



# Sinus Relief Now: The Ground-Breaking 5-Step Program for Sinus, Allergy, and AsthmaSufferers

By Jordan S. Josephson

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Dr. Josephson's unique five-step program combines the best practices from traditional and alternative medicine to bring relief to the millions who suffer from respiratory problems. Recent research shows that many respiratory diseases are more related than previously thought. Their common, underlying cause is what Dr. Josephson terms "Chronic Airway-Digestive Inflammatory Disease" (CAID). His groundbreaking, proven approach will provide real relief from sinus disease, allergies, asthma, sinus infections, sinus headaches, bronchitis, ear infections, snoring, sleep apnea, GERD, and the acute mold epidemic. **Sinus Relief Now** will show how to:

- Maintain proper sinus care
- Remove mold and other irritants from the home, office, and car
- Follow a sinus-friendly nutrition program
- Find the right medications and treatments
- Experience total-body health

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### **Editorial Review**

#### About the Author

Jordan S. Josephson, M.D., is a board-certified Otolaryngologist who was named one of *New York* magazine's "Best Doctors." He was also named one of Castle Connolly America's Top Doctors. He is the director of the New York Nasal and Sinus Center and is an attending physician at Manhattan Eye, Ear, and Throat Hospital. Dr. Josephson has appeared on The Today Show, CBS News, and Fox News, and has been featured and quoted in the *New York Times*, *New York Post*, *Newsday*, *Allure*, *Men's Health*, *Elle*, and *Parenting*.

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