SNUFF

An Herbal Powder for Clearing the Sinuses

Snuff is a fine herbal powder drawn up into the nose to soften and clear the waste packed into the sinuses. Since the Middle Ages, bayberry has been used as a traditional snuff. Ours blends it with Goldenseal, Garlic and a little Cayenne. It is our go-to for impacted or inflamed sinuses, a stopped-up head during a cold, and nasal blockage of every kind.





This Snuff:

- SOFTENS the hard-packed waste held in the sinus cavities
- MELTS it loose so it drains out through the nose
- OPENS a blocked nose so you can breathe freely again
- SUPPORTS the body through head colds and sinus congestion

This Herbal Combination

Bayberry. The traditional snuff herb, used for centuries to clear the nasal passages.

Goldenseal Root. Equal to the Bayberry. Long used for the mucous membranes; you will know it has reached the back of the throat by its bitter taste.

Garlic. A little, to cleanse and fight infection.

Cayenne. A pinch, to bring circulation and get things moving.

How to Use It

Take a Pinch. Place a small pinch of snuff on the back of your hand.

Draw It Up. Hold one nostril closed and draw the powder up into the other. Keep drawing it up until you can taste the bitter Goldenseal in the back of your throat. Then do the other side.

Blow Your Nose. As the herbs work, you will need to blow your nose several times as the backed-up waste melts loose.

Use It Freely. Repeat as often as you need until your head feels clear. Impacted sinuses will need more time for the herbs to soften and clear the waste.

What to Expect

Many people feel a warmth in the sinuses and watering of the eyes, and some have a wave of sneezing. Shortly after, the nose begins to drip as the hard-packed waste softens and drains with gravity. One woman pulled ropes of hardened mucus from her nose, clearing her head completely. At one of our seminars, a gentleman tried it and exclaimed, “Hey, I can breathe easily again after ten years of nasal blockage!”

When the Nose Is Too Blocked to Draw Air

If no air can move through the nose, first pry the sinuses open just a little, then begin the snuff:

Onions: Cut up several onions. The vapors get the eyes watering and the nose running. Don’t discount this simple step; it can be highly effective.

Horseradish: Blend fresh horseradish root with apple cider vinegar to an applesauce consistency. Hold ¼ to ½ teaspoon between your tongue and the roof of your mouth; the vapors open the airways.

Wasabi: A good wasabi paste (Japanese horseradish) is powerful. Start slowly if you’ve never had it; it won’t hurt you, but it can be uncomfortable at first.

Pairs Well With

Herbal Aid 1 or 2 and Echinacea for the infection side; LBF #1 and LBF #2 to keep the bowels moving the waste out; Eyebright to flush the eyes; and the Hearing Support routine when the ears and balance are affected. It is all connected.

This information is for educational purposes and has not been evaluated by the Food and Drug Administration. It is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on clearing the sinuses, see my blog post “Impacted or Inflamed Sinuses” at www.daradietz.me.