

# Nose Bleeds

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There are several causes for nose bleeds including; nasal or sinus infection, allergies, clotting disorders, common colds, excessive use of nasal sprays, sudden altitude changes, and some medications/drugs. However, the main causes are; injury to the nose, picking the nose and exposure to dry heat. For my family every winter when the heater is turned on the nose bleeds begin. The dry, warm air wreaks havoc on my son's nasal passages. We put a humidifier in his bedroom each night to keep the air more tolerable and moist, but I still end up washing bedding more mornings than usual.



90% of nose bleeds occur in the front of the nose (anterior nosebleed) originating from the blood vessel on the nasal septum. Posterior nose bleeds are less common and are seen more in the elderly. These nose bleeds originate from an artery located at the back of the nose and are harder to get under control. First aid for a nose bleed includes; a cold compress or ice pack held over the nose, direct gentle pressure on the bridge of the nose, keeping the head above the heart and the use of Dr. Christopher's Cayenne Extract internally. If first aid does not stop your bloody nose, if it is severe or continues past 20-30 minutes it may be a posterior bleed, which may need medical attention.

This year for my son we also took a closer look at possible nutritional deficiencies as he is a picky eater and a very physically active young man.

We increased foods high in iron such as red meat, eggs and beans. Other foods high in iron are spinach, liver, collards, shell fish, turkey, chickpeas and pulses.

We supplemented with a chewable vitamin C we got from the health-food store as well as increasing salad greens (lettuce, kale, water cress), red and green peppers, cruciferous vegetables (Brussels sprouts, cauliflower, broccoli etc.) and we are looking forward to the winter season so we can enjoy fresh oranges and tangerines.

Vitamin K is important for blood clotting and can be found in the same greens and cruciferous vegetables as above. In addition it is in parsley, spinach, turnip and collard greens, avocados, green onions and beef or pork liver.

Zinc is also important for the maintenance of blood vessels. Foods high in zinc include brown rice, whole wheat bread and popcorn.

For my son we are also supplementing with Dr. Christopher's V-Vein formula. Other beneficial supplements for nose bleeds would be Dr. Christopher's Herbal Iron, cayenne pepper, rosehips, hawthorn berry, nettle and spirulina. Adjusting my son's diet as well as supplementing has made a noticeable difference in just a few weeks.

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