Tecaya Health
Larrea Naturopathic Medicine

YOUR 6-MONTH

SINUS, EAR & THROAT PLAN

Breaking the cycle of infections that keep coming back

Who this is for

People with ear, sinus, or throat infections that keep returning after short rounds of antibiotics or prescription drops.

The plan in one line

Treat your sinuses, ears, and throat **together**, 5–6 days a week, for **6 months**. Then reassess with Dr. Tecaya.

The golden rule: keep going after you feel better. The most common mistake is stopping as soon as symptoms fade. You don't need to be perfect. Do the best you can, most days of the week. Rest days (1–2 per week) are part of the plan, not a failure.

WHY INFECTIONS KEEP COMING BACK

One connected system

Your ears, sinuses, and throat aren't separate rooms. The Eustachian tube links the middle ear to the back of the nose and throat, and the sinuses drain into the same area. Bacteria in one spot can easily reseed the others.

Biofilm "fortresses"

Lingering bacteria often live in a biofilm, a protective slimy layer they build around themselves. Inside it, they're harder for your immune system, herbs, and even antibiotics to reach.

Short rounds aren't enough

A 5–7 day course knocks back most bacteria and calms swelling, so you feel better fast. But the toughest survivors can regrow, which is why we treat the whole system, consistently, for months.

YOUR 6 MONTHS AT A GLANCE

Phase	When	Goal	Treatment days	How often
1. Clear	Weeks 1–8	Break up biofilm and lower the bacterial load	6 days/week	2–3× daily
2. Consolidate	Weeks 9–17	Keep pressure on; rotate herbs so nothing adapts	5–6 days/week	2× daily
3. Maintain & taper	Weeks 18–26	Support healthy tissue and immunity; step down slowly	5 days/week	1–2× daily
Reassess	Week 26	Visit with Dr. Tecaya: continue, taper further, or stop	—	—

EVERY SESSION: USE IN THIS ORDER

1	**Saline rinse** (if using) Clears mucus so the sprays can reach the tissue.
2	**Biofilm Clear nasal spray** Then wait 5–10 minutes.
3	**Mullein ear drops** Lie on your side for 5 minutes, then switch ears.
4	**Throat spray** After meals and at bedtime. Nothing to eat or drink for 15–20 minutes after.
5	**Antibacterial tincture** In a little water, separate from the sprays.

CORE PRODUCTS & DOSES

Use these doses unless Dr. Tecaya gives you different instructions, and always read the product label as well.

Product	What it does	Phase 1 dose	Notes
Saline sinus rinse (squeeze bottle or neti pot)	Washes out mucus so sprays reach the tissue	1× daily, morning	**Use only distilled, sterile, or boiled-then-cooled water — never straight tap water.**
Biofilm Clear nasal spray	Breaks up biofilm in the nose and sinuses	1–2 sprays each nostril, 2–3× daily	Tilt head slightly forward; aim toward the outer wall of the nostril, not the center.
Wise Woman Herbals mullein ear drops	Soothes and treats the ear canal	2–4 drops in each affected ear, 2× daily	Warm the bottle in your hand first. **Do not use** with ear tubes, a hole in the eardrum, or fluid draining from the ear — call us instead.
NutriBiotic throat & sinus spray	Treats the back of the throat, where the Eustachian tube opens	2–3 sprays to the back of the throat, 2–3× daily	After meals and at bedtime. No food or drink for 15–20 minutes after.
Antibacterial herbal tincture	Whole-body antimicrobial support	1 dropperful (about 30 drops) in water, 2–3× daily	Dr. Tecaya will choose the formula. Some herbs interact with medications — tell us everything you take.

Supporting Nutrients

Daily on treatment days unless noted.

Supplement	Why	Typical dose	Notes
NAC (N-acetylcysteine)	Thins mucus and helps break down biofilm	600 mg, 2× daily	Take with water; may cause mild stomach upset.
Vitamin C	Immune support	500–1,000 mg, 2× daily	Lower the dose if stools get loose.
Zinc	Immune and mucous-membrane support	15–30 mg daily with food	Never on an empty stomach. Long-term use needs copper balance — Dr. Tecaya will adjust.
Vitamin D3 + K2	Immune regulation	Based on your blood level	We'll test your level before setting a dose.
Oral probiotic lozenge (S. salivarius K12)	Repopulates the throat with friendly bacteria	1 lozenge at bedtime; let it dissolve	**At least 1 hour after** the throat spray or tincture, or the spray will kill it.
Gut probiotic	Supports immunity from the gut	Per label	Take daily, **including rest days.**

PHASE 1 · CLEAR Weeks 1–8 · 6 days/week

This is the most intensive phase. Take **one rest day per week** (for example, Sunday). On rest days, keep taking the gut probiotic and vitamin D.

Morning

Saline rinse → Biofilm Clear (1–2 sprays each side) → ear drops (2–4 drops each affected ear) → breakfast → throat spray → tincture in water.

With breakfast: NAC, vitamin C, zinc, and D3/K2.

Midday

Biofilm Clear → throat spray after lunch → tincture.

Bedtime

Biofilm Clear → ear drops → throat spray → tincture → NAC and vitamin C.

Wait 1 hour, then the K12 probiotic lozenge.

What to expect: Some people notice more drainage, post-nasal drip, or mild ear popping in weeks 1–3 as mucus and biofilm loosen. This usually settles. **If you get fever, severe pain, or ear drainage, call us.**

PHASE 2 · CONSOLIDATE Weeks 9–17 · 5–6 days/week

Keep the pressure on, but less often. We switch herbal formulas so the bacteria don't adapt.

Product	Dose and frequency
Saline rinse	1× daily, or 3–4× per week if you are clear
Biofilm Clear	1–2 sprays each side, 2× daily
Mullein ear drops	2–4 drops, 1–2× daily (once daily if the ear is quiet)
Throat spray	2–3 sprays, 2× daily (after a meal and at bedtime)
Antibacterial tincture	Switch to **formula #2 at week 9**; switch again at **week 13**. 1 dropperful, 2× daily
NAC	600 mg, 2× daily
Vitamin C, zinc, D3/K2, K12, gut probiotic	Continue as in Phase 1

Check-in at week 8–9: a short visit or call with Dr. Tecaya to review your symptoms and choose the next tincture formula.

PHASE 3 · MAINTAIN & TAPER Weeks 18–26 · 5 days/week

Weekends off. The goal is to keep tissue healthy while slowly stepping down.

Product	Weeks 18–22	Weeks 23–26
Saline rinse	3× per week	As needed
Biofilm Clear	1–2 sprays each side, 2× daily	1× daily (bedtime)
Mullein ear drops	1× daily	3× per week
Throat spray	1× daily at bedtime	1× daily at bedtime
Antibacterial tincture	1 dropperful, 1× daily	Stop, unless symptoms return
NAC	600 mg, 1–2× daily	600 mg, 1× daily
K12 lozenge, gut probiotic, D3/K2	Continue	Continue
Zinc	Continue with food	Reduce or stop per Dr. Tecaya

WEEK 26: REASSESS

At your visit with Dr. Tecaya, we may stop, continue a light maintenance plan (for example, Biofilm Clear and throat spray at bedtime 3× per week through cold and flu season), or extend treatment. Some people need longer than six months, and that's okay.

Track Your Progress

	When	What to do	Notes / score
☐	**Week 4**	Rate ear, sinus, throat, and jaw symptoms (0–10)	
☐	**Week 8**	Check-in with Dr. Tecaya; choose tincture formula #2	
☐	**Week 13**	Switch to tincture formula #3	
☐	**Week 17**	Rate symptoms; review whether to start Phase 3	
☐	**Week 26**	Reassessment visit	

FLARE PLAN

At the **first sign** of your ear acting up — before the sore throat — act right away:

1. **Go back to Phase 1 intensity** (2–3× daily, all products) for 10–14 days, then return to your current phase.
2. **Warm compress** over the ear and jaw for 10 minutes, 2–3× daily.
3. **Gentle Eustachian tube exercises:** swallow while pinching your nose, or yawn widely, several times a day. Do not blow hard.
4. If pain isn't easing within 48–72 hours, or is getting worse, **start your prescription ear drops** as directed and let us know.
5. **Stop the herbal ear drops and call us** if fluid drains from the ear.

DAILY HABITS THAT HELP

Eat to Calm Inflammation

Organic, glyphosate-free whole foods; grass-fed meat and organic poultry; lots of vegetables, raw nuts, and seeds (aim for about 30 g of fiber daily). Almonds and almond flour should be organic.

Cut Sugar & Alcohol

Especially during flares.

Rethink Dairy

Organic and cultured is best. If dairy seems to bring more mucus, try removing it for 3–4 weeks and see if congestion improves.

Avoid Fragrances

Air fresheners, scented candles, perfumes, and scented laundry products can irritate the nose and sinuses.

Humidify

Arizona air is very dry. Run a humidifier at night and clean it weekly so it doesn't grow mold.

Hydrate

Warm fluids, broths, and herbal teas keep mucus thin.

Sleep 7–9 Hours

Raise your head slightly if you wake up congested.

Calm Your Nervous System

Humming, slow breathing, or other vagus nerve exercises for a few minutes daily.

Be Kind to Yourself

Don't stress about being perfect. Do the best you can, and keep going.

ROOT CAUSES WE MAY CHECK

If infections keep returning, we look for what keeps feeding them:

Mold Exposure

Mold in the home or workplace, and a nasal swab for MARCoNS (a resistant staph that can colonize the sinuses in people with mold illness).

Teeth & Jaw

Upper molar infections, old root canals, and TMJ problems can cause ear and sinus pain. A biological dentist exam may help.

Allergies & Reflux

Both irritate the throat and Eustachian tube.

Labs

Vitamin D, zinc, and iron, plus immune function tests (such as immunoglobulin levels) if infections are very frequent.

Gut Health

A stool test if there are digestive symptoms.

In-Office Support (optional)

These can speed recovery for some patients. We'll decide together what fits:

- High-dose IV vitamin C or our high-potency nutrient IV
- 10-pass ozone therapy
- Biopuncture (homeopathic injections) around the lymph nodes of the neck
- Low-dose immunotherapy (LDI)

SAFETY & WHEN TO CALL

Seek urgent care or call us right away for high fever, severe or worsening ear pain, fluid or pus draining from the ear, sudden hearing loss, dizziness, swelling or redness behind the ear, facial swelling, severe headache, stiff neck, or changes in vision.

Tell us before starting if you are pregnant or breastfeeding, have ear tubes or a perforated eardrum, take blood thinners or other prescription medications, have kidney disease, or have allergies to plants such as ragweed, or to grapefruit or citrus.

This protocol is for patients of Tecaya Health under the care of Dr. Kam Tecaya, NMD. It is not a substitute for individual medical care.

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