

SALT WATER RINSE **FOR THE NOSE**

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Benefits

1. Washes crusts and other debris from your nose.
2. Pulls fluid out of swollen membranes of your nose, making it easier to breath and helps to open sinus passages.
3. Helps the nose work better and moves mucus out of the nose faster.

Recipe

1. Carefully clean a 1-quart glass jar. Fill the clean jar with tap water or bottled water.
2. Add 2 to 3 heaping teaspoons of “pickling/canning” salt. **Do not** use table salt, which has unwanted additives. You can get pickling/canning salt at your grocery store.
3. Add 1 rounded teaspoon of baking soda (pure bicarbonate).
4. Stir or shake before each use. Store at room temperature. After one week pour out any mixture that is left over and make a new recipe.
5. If the mixture seems too strong, use less salt- try 1 or 2 teaspoons of salt. For **CHILDREN** it is best to start with a weaker salt-water mixture. Then gradually increase to using 2 to 3 heaping teaspoons of salt, or whatever the child will accept.

Instruction

Plan to rinse your nose with this mixture 2 to 3 times each day. You will need a bulb/ear syringe or a large medical syringe (30 ml) that may be obtained from your pharmacist.

1. Pour some salt-water mixture into a clean bowl. The mixture should be body temperature, **not HOT or COLD.**
2. Fill the syringe with salt water from the bowl. Do not put your used syringe back into the jar, because that will contaminate your salt water.
3. Stand over the sink or in the shower and squirt the salt water into each side of your nose. Aim the stream toward the back of your head, **not** the top of your head. This lets you spit some of the salt water out of your mouth. It will not hurt to swallow a little. Repeat 2 to 3 times in each side of your nose.
4. Most people notice a mild burning feeling the first few times they use the salt water mixture. This usually goes away in a few days.