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NASAL LAVAGE

Purpose:

To open and clear out congested sinuses

To clean out sinuses following dusty exposures

To reduce inflammation and irritation in sinuses

Supplies:

RhinoHorn or Neti Pot

Sea salt, non-iodized and fine grind

Hot water

Sink or shower

Precautions:

Too much or too little salt can cause some slight discomfort in the nasal canal. Start by using the spoon provided with your device, or roughly ½ tsp. of salt, and adjust as needed in subsequent treatments.

Be certain to check water temperature before starting procedure. Water should be body temperature or only slightly greater to minimize discomfort and avoid burning nasal passages.

This procedure is best done over a sink or in the shower.

Procedure:

1. Place ½ tsp. sea salt in RhinoHorn or Neti Pot, or use the spoon provided with your device. Adjust salt contain in subsequent treatments as desired.
2. Place a small amount of hot water in the pot to dissolve salt, fill the remainder of the pot with body temperature water. ***Check water temperature before starting!!!***
3. Either standing over the sink, or in the shower, tip head forward to raise back of mouth over the height of your sinuses. Put tongue against the back of the throat to block airway into mouth (or water down into throat).
4. Tip head slightly to one side and place the spout of your device against the raised nostril. Tip head and device simultaneously and allow water to run from one nostril and out the other side. Your goal is to let half the content of the device run one direction.
5. Blow your nose.
6. Repeat running the remainder of the salt water the other direction and blow nose again.
7. Breathe easier!

Follow up:

If you have any questions regarding any aspect of this exercise, please contact High Sierra Natural Medicine at 530.536.5066. No question is ever too small.