

Nasal Sinus Wash

Use proper mixture of;

- 3 heaping teaspoons of pickling or canning salt
- 1 rounded teaspoon of baking soda

Mix and store dry in separate jar or other sealed container

Add ½ teaspoon of the salt-soda mixtures to ½ cup luke-warm water. Stir to dissolve and use.

Pour into container with a pout that will fit into one nostril.

Procedure:

- 1. Lean over the sink.**
- 2. Place the spout in one nostril.**
- 3. Turn the head so the one nostril is directly over the sink, breath naturally with the our mouth open.**
- 4. Pour the solution into the upper nostril until it drains out the lower nostril. The forehead should remain higher then the chin.**
- 5. When the pot is empty sniff or blow excess fluid from the nasal passage.**