

## NASAL LAVAGE

Many people have chronic infections behind the nose which are typically known as sinusitis, hay fever, or allergies. The idea of the nasal lavage program is to reduce the chronic infection so that the body can heal itself. Frequently antibiotics are not able to resolve these infections but the long term use of the nasal lavage may prove extremely beneficial.

It is very important to follow all the instructions very carefully. Continue the routine until all symptoms resolve. This may take 3 to 6 months. BE PATIENT. Pain or bleeding after lavaging may mean that an infection is still present and so it is important to continue with the program. Be sure and tell your physician if this continues however. Be persistent, as it takes a lot of effort to rid your body of these chronic bacteria that may be producing the low-grade infection.

### **Procedure:**

1. Mix 1/2 t. of sea salt with 1 cup of distilled or filtered water. Add a pinch of HMF Powder to the mixture. If you experience a burning sensation, reduce or increase the amount of sea salt you are using.
2. When you first do this procedure it will feel unusual and possibly a little uncomfortable. To minimize this, it is usually easiest to use a bulb syringe or a neti pot. With your head leaning forward over the sink, insert the bulb syringe or neti pot into one nostril and gently express or pour some of the salt solution into the nostril. If your head is positioned properly, the salt water will run out the other nostril. Tip your head slightly the other way and again repeat the procedure, placing the salt water in the other nostril.

After you have been doing this for some time, it is possible and likely that you will be able to sniff or inhale the salt water from a tablespoon and then spit it out through your mouth. This will further help to flush the area near the back of your throat, especially important in cases with post nasal drip.

3. Do this morning and evening, following the Alternating Hot & Cold Compress.

