

HYPERTONIC SALINE NASAL IRRIGATION

(1:2:3)

THE BENEFITS

When you irrigate your nose with hypertonic saline (salt water), it washes the mucous crusts and other debris from your nose. The high salt concentration pulls fluid out of the swollen membranes and shrinks them. This decongests and improves the airflow into your nose. The sinus passages begin to open. Studies have shown that high concentration salt water also improves cell function (ciliary beat pattern).

THE RECIPE (1:2:3)

Choose a **1 (one)** quart or one-liter jar that is completely clean. Fill with tap water. You do not need to boil the water. You may use bottled water

Add **2 (two)** teaspoons Arm & Hammer Baking Soda (pure bicarbonate).

Add **3 (three)** heaping teaspoons of pickling/canning salt, Kosher salt/sea salt. **DO NOT USE TABLE SALT** as it has a lot of additives (in particular, iodine) which is not good for the nose.

Mix salt, baking soda and water together in glass jar (1:2:3). Store at room temperature. Throw away after two months. If this solution is too strong, cut down the amount of salt to 1 to 1 ½ teaspoons. With children it is best to start with the weaker solution and work up slowly to a stronger one.

THE INSTRUCTIONS

You should irrigate your nose with hypertonic saline 2-3 times per day. You may use a bulb/ear syringe, large medical syringe (30cc) or water pik with irrigation tip. Always pour the amount of fluid you plan to use into a clean bowl. **DO NOT** put your used syringe back into the quart jar because it will contaminate your solution. You may want to warm the solution slightly in microwave – be sure that the solution is **NOT HOT**. Stand over the sink (some people do this in the shower). Squirt the solution into each side of your nose aiming the stream toward the back of your head. **NOT** the top of your head. This allows you to spit the salt water out of your mouth. It will not harm you if you swallow a little.

For younger children, you may want to place the solution into an empty pump spray container such as “ocean spray” or “nasal steroid” container. Squirt several times into each side of the nose. **DO NOT FORCE** your child to lay down. It is much easier to do in a sitting or standing position.

If you have been told to use a nasal steroid such as Nasacort, Rhinocort, Flonase, Nasonex, you should always use hypertonic saline solution first and then use your nasal steroid product. The nasal steroid is much more effective when sprayed into a clean nose. The steroid medicine will also reach deeper into the nose. Most people get a little burning sensation the first few times they use hypertonic saline solution, but this usually goes away after a few days of use.