

Nasal Lavage Instructions

Many people have chronic infections behind the nose, which are typically known as sinusitis, hayfever, or allergies. When you have a low-grade infection, there is a tendency to use up the body's natural cortisone. This may result in an increased susceptibility to many kinds of infections.

The goal of the nasal lavage program is to reduce the chronic infection so 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. For acute problems, perform the nasal wash up to four times per day until resolved. For chronic problems, it is usual to do the wash one or more times daily, continuing for several months.

Pain or bleeding after douching may mean that an infection is still present and so it is important to continue with the program. 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.

Supplies:

- * Salt - sea salt is best
- * Container or bulb syringe
- * Filtered or bottled water
- * Towel or washcloth

Directions: The technique, outlined below, may seem unusual at first. However, once learned, you will quickly realize how beneficial it is for sinus problems.

1. Locate a workable container. The neti pot is specially designed with a spout that fits comfortably in one nostril. Alternatively you can use a bulb syringe, a small flower watering pot, or a turkey baster.
2. Fill the container with lukewarm salt water. The salt-to-water ratio is 1 teaspoon sea salt to 1 pint (2 cups) water. Filtered or bottled water is best.
3. Have some tissues within reach for this next part. Over a sink, tilt your head forward so that you are looking directly down toward the sink. Insert the spout into your right nostril. It is important that you breathe through your mouth. Turn your head to the left and let water move into the right nostril and exit the left nostril. Normally, you will feel the water as it passes through your sinuses. It is fine if some of the water drains into the mouth. Simply spit it out and adjust the tilt of your head.
4. After using a cup of water, repeat the above procedure for the other nostril.
5. To finish, expel any remaining water by quickly blowing air out both open nostrils 15 times over the sink. Avoid the temptation to block off one nostril, as doing so may force water into the eustachian tube.

Emerald City Naturopathic Clinic, Inc., P.S.

1409 NW 85th Seattle, WA 98117 (206)781 2206 fax: (206)783-3949
email: d2rmolly@aol.com website: www.emeraldcityclinic.com