

## Nasal Lavage

Many people have chronic infections behind the nose that are typically known as sinusitis, hay fever, or allergies. The idea 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. Many of these infections are proving to be fungal in origin rather than bacterial.

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 lavage 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  $\frac{1}{2}$  - 1 teaspoon of sea salt with 1 cup of distilled or filtered water. Add a pinch of powdered **acidophilius** 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. Use the entire cup of water.

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 procedure.