



# BARE MEDICINE

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## Nasal Lavage

**Indications:** Sinus infections (acute or chronic), allergies (dust, pollens, etc), colds/flu, nasal passage inflammation, nasal congestion

For acute problems, perform the nasal lavage up to 4 times per day until resolved. For chronic problems, perform the lavage once daily for several months or until resolved.

### Supplies:

Sea salt

Filtered or bottled water

Neti pot or bulb syringe

Towel or washcloth

### Directions:

This technique may seem unusual at first, however, once learned, it can be an extremely useful technique for sinus issues.

1. Choose either a neti pot, bulb syringe or other potential container.
2. Fill the container with lukewarm salt water – the ratio is 1 teaspoon sea salt to 1 pint (2 cups) filtered water.
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 right and let the saltwater move into your right nostril and exit the left nostril. Normally, you will feel the water pass through your sinuses. It is ok if some of the water drips into your mouth – simply spit it out and adjust your head as necessary for the water to stay in your sinuses.
4. After using 1 cup of water, repeat the procedure in the other nostril.
5. To finish, expel any remaining water by blowing air out both nostrils about 15 times over the sink. Avoid the temptation to block one nostril while doing so, as that could force water into your eustacian tube.

### Reference:

Buchman, Dian Dincin. The Complete Book of Water Healing. (Contemporary Books: Chicago, IL) 2001.