

Nasal Cleaning and Decongestion

1. Blow nose correctly, one nostril at a time. Press finger over one nostril while you blow gently to clear the other. Repeat for the other nostril.



2. **Xlear nasal spray** – 5x daily, blow after using. Contains: xylitol, surfactant, antifungal, antibacterial



3. **Neti Pot** or **NeilMed Sinus Rinse Bottle**- boil water or use distilled water and add the **NeilMed premixed packets**. Open your mouth and breathe through your mouth. Pour or squeeze in one nostril and out the other. It may take some time to get used to it.



4. Nasal Decongestion Options:
 - *White flower- essential oil- 6 drops on the palms, 6 sniffs of the palms
 - * **Neti Stik**- essential oils- insert in one nostril and block the other. Breathe in and out and shallow
 - * Nasal Unblocking Exercise



5. Allergy Treatment

- *Include in decongestion options Flonase 2 times daily
- *Claritin, Zyrtec

