

baraka

*breath of life



HOW TO USE OUR INFUSED SALT RINSE

For relief from colds, flu and infections

Our Infused Salt Rinse was developed by a California Ayurvedic Practitioner. While it's ideal for fighting a cold or infection, it can be used anytime. We have many customers who only use this salt!

Use our Infused Salt Rinse in your neti pot just as you would other salt.

1. Add a heaping 1/2 teaspoon to your neti pot
2. Add 10 oz. of warm filtered water and stir thoroughly
3. Run 5 oz. through each nostril
4. Use twice a day for maximum benefits

To try a hypertonic rinse:

Use twice the amount of infused salt:

1. Place 1 heaping teaspoon of salt in your neti pot with 10 oz. of warm water.
2. Stir thoroughly and run 5 oz. through each nostril.
3. Try doing this 2 to 3 times a day.

Doubling the salt creates a hypertonic rinse that reduces inflammation and liquefies mucous. How? There is more salt in a hypertonic rinse than in the cell walls of your sinuses. This changes the osmotic pressure, drawing out excess water that is creating the swelling and inflammation. As a result, pressure and congestion in your sinuses are relieved quickly.

Experiment with both and remember: there's no one-size-fits-all formula for healing. Your body is unique and will tell you what works best!

www.SinusSupport.com