

baraka

*breath of life



HOW TO USE OUR FRENCH ATLANTIC SEA SALT

For everyday maintenance, allergies or chronic conditions:

1. Place a heaping ½ teaspoon in your neti pot with 10 oz. of warm water.
2. Stir thoroughly and run 5 oz. through each nostril.

To kick colds and infections:

Rinse with twice the amount of 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** to reduce inflammation and liquefy 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.

*For faster relief from colds, you can also try our **Infused Salt Rinse**.*

www.SinusSupport.com