

Sinus rinsing

Research shows several beneficial effects for nasal rinsing. Common benefits include a reduction in sinus problems, nasal allergies, colds, and even flu symptoms. But as the above graphic shows, many meridian channels in the head connect to different areas in the body. When we treat the body “from the collar up, it offers whole body healing.

Clinical pearls for sinus rinsing:

We recommend moving the head into different positions while sinus rinsing to get into the various sinus pockets throughout the nasal cavity.

We also recommend you also do the surfer nose blow when you are done with sinus rinsing

- Bend over to pop your ears. Then stand back up and blow your nose. This action helps to release all the liquid out of the sinus pockets.

If your sinuses feel clogged after sinus rinsing we recommend taking a warm shower, using a sonic slider, or a massage gun with its softest attachment to loosen things up.

For sinus rinsing, we recommend three tools to choose from:

The classic Neti Pot



The Navage



The SinuPulse, and SinuPulse Travel

Best at home



Best for travel



Each sinus rinsing tool offers different benefits. The classic Neti Pot is the most time-tested and affordable. But then there's the new and improved Navage and SinuPulse that provide a gentle, pulsating flow of water to help clear the sinuses and nasal cavity in deeper ways. These later two newer nasal irrigation devices have fast become our favorites for the deeper rinsing they provide.

When starting out, have the patient/client start with salt or a saline packet with distilled water as the base. As they adapt, move them on 1 drop of CT-Minerals, or 1 drop of Para 3 (If tolerable and needed, they can increase the products up to 10 drops), and then recommend the additional suggestions offered below, per their personal needs.

Nasal Cleansing Additive Options

Salt/Saline	<u>CT-Minerals</u>	<u>Para 3</u>	<u>BioToxin Binder</u>	<u>Carboxy</u>
<u>HM-ET</u>	<u>IS-BART</u>	<u>IS-BAB</u>	<u>IS-BOOST</u>	<u>IS-BORR</u>