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What is the Salt Water Rinse for the Nose?

The Salt Water Rinse for the Nose is nothing more than a salt-water solution used to open your nasal passages and clear your nose of mucus, crust or pus. It does not cure any disease. It can make you feel a lot better for a while with little in the way of side effects.

Some people should never use this treatment. If you have trouble swallowing due to weak or uncoordinated muscles, do NOT use this treatment. You must first consult someone who has an understanding of both this treatment and the reasons for using and not using this treatment before using it. In general, medical doctors are the best people to consult before using any medical treatment (this is a medical treatment).

This recipe gives you what you need to know to make the mixture. This is not just any mixture, it is what is called in the jargon of doctors a “hypertonic saline solution” for nasal irrigation.

If you use a nasal spray, use the Salt Water Rinse for the Nose first!

The Recipe (for adults only):

1. Carefully clean and rinse a 1 quart covered container with clean water.
2. Fill the clean covered container with clean tap or clean bottled water.
3. You need not boil the water.
4. Add 2 to 3 teaspoons of “pickling/canning” salt.
5. Do NOT use table salt (it has unwanted additives).
6. You can use kosher salt from the grocery store.
7. Add 1 rounded teaspoon of baking soda (pure bicarbonate).
8. Stir or shake before each use.
9. Store at room temperature.
10. After 1 week, pour out any leftover mixture and make a new recipe.
11. If the mixture seems too strong, use less salt.

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How to rinse your nose with the Salt Water Rinse for the Nose

1. Plan to rinse your nose with this mixture at least 3 times per day.
2. You will need a rubber bulb or ear syringe.
3. Pour some of the salt-water mixture into a clean bowl.
4. Fill the bulb full of the salt water.
5. Do NOT put your used syringe or bulb back into the jar (contamination).
6. Stand over a sink or in the shower.
7. Squirt the salt-water mixture into each nostril.
8. Aim the water to the back of your head (through the nose!).
9. You can spit out or swallow the water that gets into your throat.

Often this treatment gives you a mild burning feeling the first few times you use it. This burning feeling may go away in a few days of use. Be sure to keep your doctor aware of your progress and problems.