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## NETI NOSE

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### Ingredients

- 1/2 a teacup of warm water
- 1/4 tsp high quality salt

### Instructions

1. Into the warm water add in 1/4 tsp high quality salt
2. Stir
3. Pour some of the salt water mixture in your own cupped hand
4. Quickly put nose in your cupped hand
5. Breathe in slowly until water enters your nose
6. Move your head away from cupped hand and forcibly breathe out through your nose into a sink or shower
7. Then, repeat! Pour more salt water in cupped hand, gently breathe in water, force breath and water out

You can do this in the shower, over the sink before or after you brush your teeth. Once daily or feeling well. More often daily if not feeling well.

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