

HOME MADE SALINE

DIRECTIONS FOR PREPARATION AND USE OF THE SOLUTION

PREPARATION:

1. CLEAN A 1-QUART GLASS JAR CAREFULLY, THEN FILL IT WITH BOTTLED WATER. YOU NEED NOT BOIL THE WATER.
2. ADD 2-3 HEAPING TEASPOONS OF PICKLING OR CANNING SALT. DO NOT USE TABLE SALT, BECAUSE IT CONTAINS ADDITIVES.
3. ADD 1 ROUNDED TEASPOON OF BAKING SODA (PURE BICARBONATE).
4. STORE AT ROOM TEMPERATURE AND SHAKE OR STIR BEFORE EACH USE.
5. MIX A NEW BATCH WEEKLY.

USE:

1. POUR SOME OF THE MIXTURE INTO A CLEAN BOWL. WARMING IT TO BODY TEMPERATURE MAY HELP, BUT MAKE SURE IT IS NOT HOT.
2. FILL A SPRAY BOTTLE OR YOUR WATERPIK. TO AVOID CONTAMINATION, DO NOT PLACE BULB OR SYRINGE INTO THE JAR.
3. STAND OVER THE SINK OR IN THE SHOWER AND SQUIRT THE MIXTURE INTO EACH SIDE OF THE NOSE SEVERAL TIMES.
4. RINSE THE NOSE AT LEAST TWO TO THREE TIMES DAILY.