SINUS INFECTIONS

The following are remedies using a netti pot or use bulb applicator:

- **Sinus wash: mix 1/4 tsp regular table salt in a cup of warm water. Put into a little teapot or container with a spout. Tilt the head to one side, insert the spout in the nostril and allow the solution to flow into the nostril, it will flow out the other side.**

- **Mix 2 teaspoons of honey, preferably manuka honey 15+ which is highly anti-bacterial, in 2 cups tepid water (slightly warm), do a sinus wash up one nostril and out the other nostril. Do twice daily for 4-6 weeks. Then do once a month for maintenance.**

- **Mix 1 cup warm water, 1/2 tsp sea salt (non iodized), 1/2 tsp baking soda, and 1 tsp xylitol together and pour through sinuses 1-2 times a day.**