



## Allergies and Nasal Irrigation

### What causes allergies?

Allergies are caused by inhaled allergens/particles (*pollen, dander, dust, etc.*) that stimulate cells of the nasal passages to release histamine. Histamine in turn causes allergy symptoms (*stuffy runny nose, itchy eyes, sneezing, post nasal drip, scratchy/sore throat, headache, sinus/face pain, cough, etc.*). Eliminating allergens by staying indoors and using an air purifier helps. Even easier, use nasal irrigation to remove allergens from nasal passages, prevent histamine release and stop allergy symptoms. Follow these simple instructions and say goodbye to allergies! Empower the healer within and let your body do what it does best...heal!

### What is nasal irrigation?

Nasal irrigation/flush is a personal hygiene practice of flooding the nasal passages with a warm saline/salt solution.

### What is the purpose of nasal irrigation?

1. Clear out excess mucus
2. Remove allergy-producing particulates (pollen, dander, dust, etc.)
3. Remove infection-producing particulates (bacteria and viruses)
4. Moisturize the nasal cavity

### What can nasal irrigation do?

1. Clear nasal stuffiness
2. Prevent allergy symptoms
3. Prevent colds and flu
4. Alleviate nasal dryness

### What is the procedure?

1. To sterilize, boil 8 ounces of purified water. Let it cool to body temperature (when at body temperature it will not feel hot or cold to touch). Do not use chlorinated tap water.
2. Add ¼ teaspoon of sea salt and ¼ teaspoon of baking soda; stir to dissolve. This creates a solution that has the same "saltiness" as the body.
  - a. If the water is not salty enough (hypotonic), nasal tissue will swell causing a stuffy nose.
  - b. If the water is too salty (hypertonic) it can decrease or stop movement of nasal cilia. Nasal cilia are the hair like cells in nasal tissue that move mucous back to the throat for swallowing or spitting out.
3. Pour warm salt water in an 8-ounce squirt bottle, syringe or neti pot.
4. Gently, rinse each nostril with 4 ounces of warm salt water. You will have to bend over a sink and tilt your head to one side.
5. For detailed instructions with photos, please copy and past the following URL into your browser, <http://www.neilmed.com/usa/directions.php>.
6. This website sells nasal flush kits using a squirt bottle or neti pot. The instructions online are clear and easy to follow with pictures to demonstrate the procedure. **Also included are conditions when nasal irrigation should not be used.** You can either purchase the kit at some pharmacies (approximately \$15), order online, or purchase a neti pot (available at most health food stores) or squirt bottle on your own and follow their procedures.

**Sky Hill Institute is a 501(c)(3) nonprofit organization.**

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7. The “Sinus Rinse™ Regular Kit” is the basic kit that you can purchase through this company and uses a squirt bottle rather than a neti pot. They do sell neti pot kits as well.
8. Because you tilt your head forward (squirt bottle) rather than turning your head to the side (neti pot), the “Sinus Rinse™ Regular Kit” tends to be easier to use than a neti pot.

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