

SALINE IS YOUR FRIEND

When pollen counts are high, using saline nasal spray can remove pollen from your nasal mucosa faster than it clears itself.

Salt Water Rinse

1 cup water (no well water)

1/4 to 1/2 tsp salt (sea salt or canning salt preferred)

1/2 tsp baking soda

Squirt into each nostril twice a day
with blue bulb syringe,
lean forward,
point towards back of head.

