

Recipes for Nasal Rinses:

1 tsp. pickling salt
1 tsp. baking soda
1 quart water

3 tsp. pickling salt
1 tsp. baking soda
1 quart water

Mix on stovetop. Rinse with bulb syringe or clean spray bottle. Use 2-3 times daily as needed for nasal congestion and drainage