

DR. PASHA'S HOME SALT WATER (SALINE) RECIPE

INGREDIENTS: WATER, SALT, BAKING SODA, A BULB SYRINGE OR SINUS RINSE BOTTLE (NEILMED®)

- 1 Place 1/4 tsp of table salt into one cup (one cup = approx. 250 cc = 8 oz) of warm bottle or distilled water
- 2 Add 1/4 tsp of baking soda
- 3 Mix solution
- 4 Bend over sink and point bulb syringe or sinus rinse bottle toward the inside corner of your eye
- 5 Irrigate until clear, then blow nose and switch sides
- 6 Repeat 2-4 times a day (make new solution daily)

