

Dr. Chou's and Dr. Murthy's Sinus Rinse Recipe/Procedure:

Mix 1 cup salt (kosher, sea, pickling or canning - NOT table salt, so no iodine) + 1/3 cup baking soda in a small food storage container. Shake up thoroughly. Scoop 1/2 to 1 teaspoon per 8 oz. sinus rinse bottle or netipot. For small children, use half the recipe (and 4 oz. water). Use lukewarm water, not hot or cold.

Take a deep breath, then squeeze the bottle while saying, "kay kay kay kay." Use one bottle per nostril in the morning before nasal sprays. Do not use right before bedtime - please allow 30 minutes to drain completely. Look down at the ground after blowing the nose to allow excess water to drain. There is no need to squeeze the bottle forcefully, and take time to clear/pop the ears. When sick with a cold, use twice daily (in the morning and dinnertime).