

Allergy & Immunology, PLC's  
*Asthma and Allergy Center*

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**Relieve Sinus Pressure Naturally –Try the Netti Pot**

Fill the pot with warm water and ¼ teaspoon of non-iodized salt. Bending over the sink, tilt head on the left side, position spout at entrance of right nostril. Water will automatically flow through one nostril and out the other. Gently blow nose, refill your pot, and repeat in other nostril. Repeat again if necessary. There is no sensation of water going up your nose. Water is directed through a nostril, around the septum, out the other nostril, dissolving mucus and resolving excess fluid by osmotic pressure. Symptoms such as cranial pressure, sinus-related headaches, postnasal drip, and puffiness around eye area should be greatly reduced! Should symptoms persist, see your healthcare practitioner.